

Cooking B.C. Grown Chicken



INTRODUCTION

Chicken is a universal favourite. Because of its delicate flavour it lends itself to combination with many other foods such, as fruits, vegetables, nuts, cereals, pastas, cheese, etc.

Chicken rates in quality with other meats as a complete protein and has the added advantage of being high in protein and lower in fat than most meats.

Serving chicken without the skin and minus rich gravies or sauces lowers its calories making it a prime choice in reducing or low fat diets.

We hope the contents of our booklet help you to discover new, delicious and economical ways of serving versatile, easy, quick cooking, chicken.



Cordially,

Dorothy Batcheller

DOROTHY BATCHELLER, B.H.Sc.

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CHICKEN GOES INTERNATIONAL**MURGH QORMA**

(The combination of spices is what an Indian homemaker would blend for this curried chicken. For hotter curry, increase cayenne pepper)

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|------------------------------|-----------------------------|
| 3 lbs. chicken pieces | 1/8 teaspoon cayenne pepper |
| 2 large onions sliced | 1/4 teaspoon turmeric |
| 1/2 cup water | 1 piece of bay leaf |
| 2 teaspoons ground coriander | 2 tablespoons yogurt |
| 1/4 teaspoon garlic salt | 2 cups water |
| 1/4 teaspoon ground ginger | 1 teaspoon salt |

Rinse and dry chicken. Sauté onions in butter until light golden. Add 1/2 cup water and all spices. Stir until water is evaporated. Add chicken and brown. Add yogurt and 2 cups water. Simmer covered until sauce thickens and chicken is tender. Add additional water during cooking if necessary. Serve with Pea Pulao. Yields 6 servings. (See note for other accompaniments below).

PEA PULAO

- | | |
|----------------------------|---------------------------------|
| 1 cup raw rice | 2 bay leaves |
| 4 cloves | 1 stick cinnamon |
| 4 whole black peppers | 1/2 package frozen peas |
| 4 cardamom (husks removed) | 2 tablespoons butter (optional) |
| 1/2 teaspoon cumin seeds | salt to taste |

Cook rice with the water according to package directions, adding spices. Cook peas and add with butter to cooked rice. Mix in lightly but thoroughly, add salt to taste. This is nice with other chicken dishes also.

NOTE: Pass small bowls of chopped cashew nuts, steamed raisins, grated coconut and commercial chutney and/or sautéed bananas.

CHICKEN CACCIATORE

(Italian)

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| 1 chicken (3 1/2 to 4 lbs.) | 1/4 lb. mushrooms, sliced |
| 1/2 cup flour | 2 medium onions, chopped |
| 1/2 teaspoon salt | 1 green pepper, chopped |
| 1/8 teaspoon pepper | 1 (28-oz.) can tomatoes |
| 1/2 teaspoon paprika | 1 (5 1/2 oz.) can tomato paste |
| 1/3 cup fat | 1/8 teaspoon pepper |
| 1 clove garlic, minced | 1 teaspoon salt |

1 teaspoon orégano

Cut chicken into serving portions or, if preferred, use 3 to 3 1/2 lbs. chicken pieces. Wipe pieces with clean, damp cloth. Coat chicken with combined flour, salt, pepper and paprika. Melt fat in heavy frying pan and brown chicken slowly on all sides. Add mushrooms, garlic and onions to pan and cook slowly for 2 or 3 minutes — do not brown. Add remaining ingredients and simmer, covered, for one hour or until tender, or place, covered, in moderate oven 350°F. for about 1 1/2 hours. If sauce becomes too thick, thin with a little water, dry wine or tomato juice. Yields 5 to 6 servings.

CHICKEN FRICASSEE ALTENBERG

(from Saxony)

- | | |
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| 1 large or 2 small chickens (total wt. 5 to 6 lbs.) | pinch <i>EACH</i> of basil, marjoram and sage |
| 1 bay leaf | 1 garlic clove, crushed <i>OR</i> |
| 6 peppercorns (whole black pepper) | garlic powder to taste |
| 1 teaspoon salt | 2 cups water |

SPECIAL SAUCE

- | | |
|--------------------------|--------------------------------|
| 2 tablespoons butter | grated rind of 1 lemon |
| ¼ cup chopped onion | 2 to 3 tablespoons lemon juice |
| 2 tablespoons cornstarch | 1 cup broth from chicken |
| ¼ cup cold water | 2 tablespoons capers |

1 egg yolk, slightly beaten

Place bay leaf, whole pepper, salt, basil, marjoram, sage and garlic with water in kettle large enough to hold chicken (whole or cut up). Bring to boil, add chicken, cover kettle and bring to boiling point again. Reduce heat and simmer until meat is fork-tender, about 1½ to 2 hours depending upon size. Pressure cooker may be used if preferred following manufacturer's directions. Cook chicken for 20 to 30 minutes. Remove chicken from broth, place in container and set in pan of cold water. When cool enough to handle, drain any liquid into reserved broth. Remove skin from chicken and separate meat into serving portions, if not already cut up.

Pour sauce over chicken. Serve at once with boiled parslid potatoes and carrots. Yields 5 to 6 servings.

Special Sauce: Melt butter in frying pan. Add chopped onions and cook slowly until transparent but not brown. Sprinkle with cornstarch, add cold water stirring constantly. Stir in chicken broth, lemon juice and rind. Cook and stir until thickened and no raw starch flavour remains.

Add some of sauce to slightly beaten egg yolk, return to rest of sauce, add capers and cook stirring constantly over very low heat for about 2 minutes. Do not allow to boil or sauce will curdle. Adjust seasonings to taste and pour over chicken.

Note: For a delicious inexpensive dinner use chicken wings only in this recipe. Allow 1 lb. of wings for every 2 servings.

Canned or frozen lemon juice and ½ teaspoon dehydrated lemon rind, soaked in ½ teaspoon water may be used in place of fresh lemon. Backbone, neck, wing-tips and skin from the above recipe may be added to any leftover broth and boiled up with some additional water for a delicious soup.

POLYNESIAN PINEAPPLE CHICKEN

- | | |
|-----------------------------------|---------------------------|
| 3 to 3½ lbs. cut-up chicken | 3 tablespoons soya sauce |
| 1 can (10-oz.) condensed consommé | ½ cup sliced green pepper |
| 1 can (19-oz.) pineapple chunks | salt, pepper and paprika |

Rinse and dry chicken pieces. Place skin side down in lightly buttered pan, sprinkle with salt, pepper and generously with paprika. Add consommé and bake 45 minutes, covered, in moderate oven, 350°F. Turn skin side up, add drained pineapple chunks, green pepper slices and soya sauce and continue to bake about 20 minutes or until fork-tender, basting occasionally. Sautéed fresh or canned mushrooms may be added during the last portion of cooking if desired. Serve with plain cooked rice or Pea Pulao, (see page 1). Yields 6 servings.

CHICKEN CORDON BLEU

For each serving allow:

- 1 large half breast
OR 2 small halves
- 1 slice of cooked ham about $\frac{1}{4}$ inch thick
OR slightly thinner cut to fit on chicken
- 1 slice Swiss cheese cut to fit on chicken

Bone chicken breasts and remove skin.

If using frozen breasts, bone while still partially frozen as bones pull out very easily at this stage.

Reverse loose filet (feather-shaped muscle on each side of breast) putting the thick portion toward the bottom of breast where meat is thinnest. Pound breast with mallet or edge of saucer to an even thickness of about $\frac{1}{4}$ ".

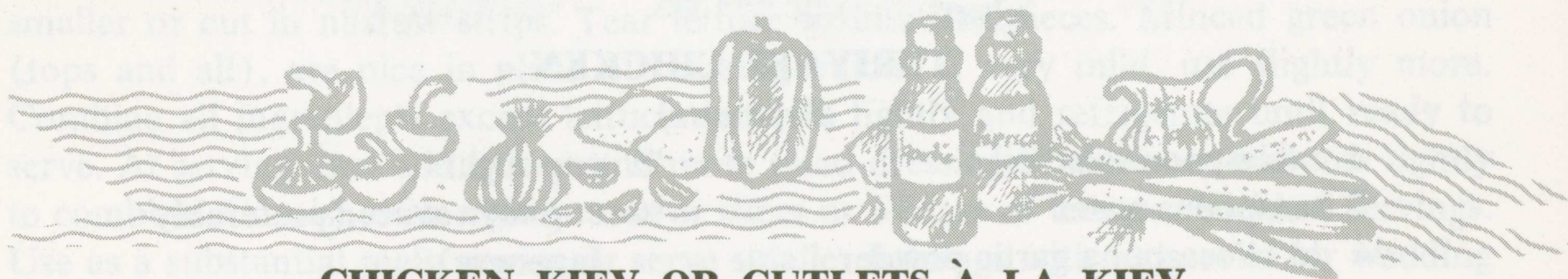
Trim ham and cheese slightly smaller than half the size of a large breast half or one-half of whole small breast.

Place ham and cheese on half of chicken, cover with other portion of breast. Pound edges lightly to seal in ham and cheese.

Dip carefully in flour, then beaten egg (1 egg mixed with 1 tablespoon water for 2 to 3 cutlets) and then in fine dry crumbs mixed with paprika (aids browning) and any desired seasonings.

Fry in deep hot fat until golden brown and chicken is tender about 10 minutes. Or fry in 2" of hot fat in frying pan about 20 minutes, turning once. Or drizzle with melted butter and bake in moderately hot oven 375°F. for about 30 minutes or until brown and chicken shows no pink tinge when cut and is fork tender.

If preferred, commercial coating crumbs or Crumb mixture may be used and the Cordon Bleu baked.



CHICKEN KIEV OR CUTLETS À LA KIEV

(Ukrainian)

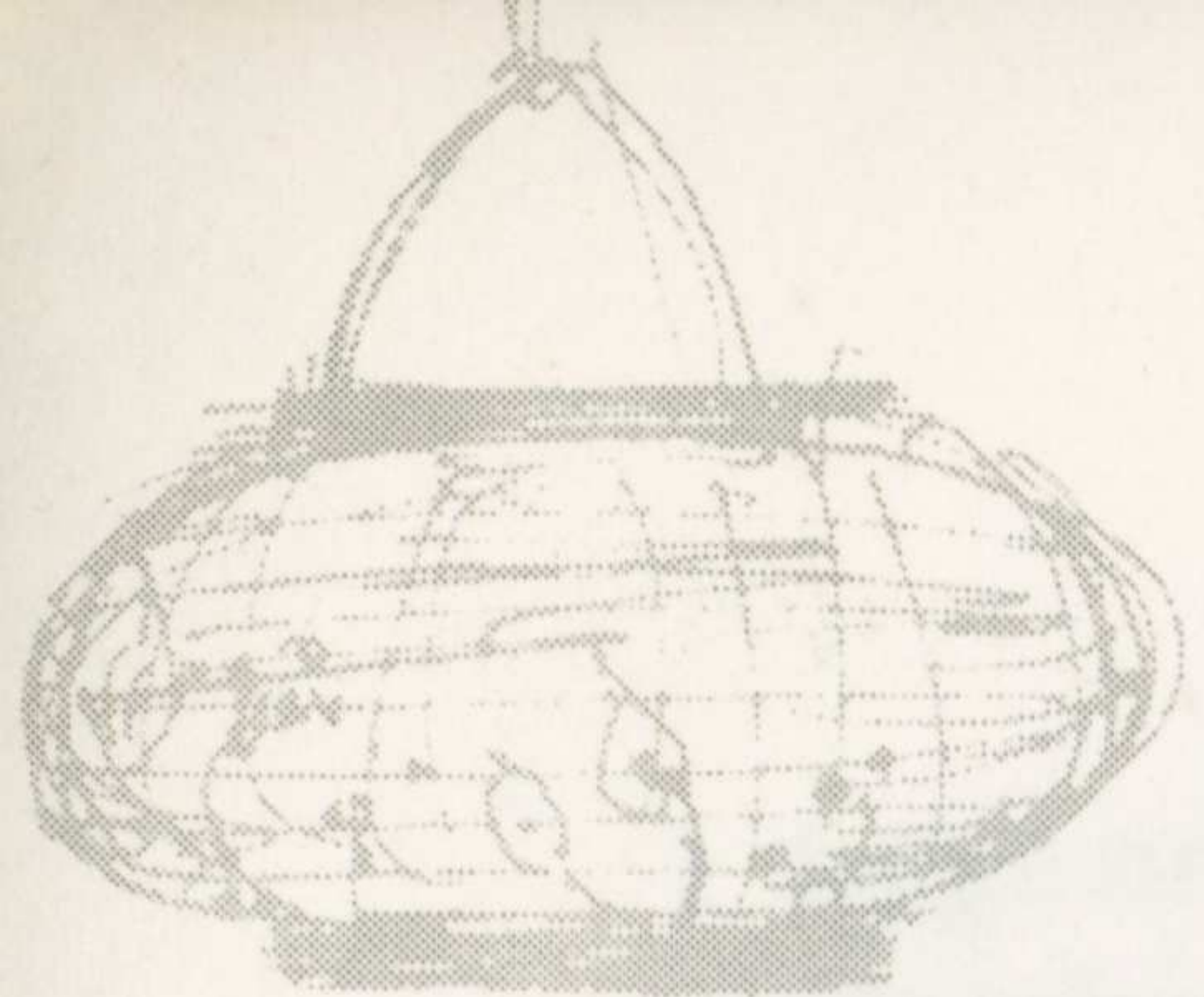
Allow at least $\frac{1}{2}$ pound (as purchased) of chicken breasts per serving. Large breast will probably make 2 servings. Skin and bone breasts. Pound meat flat to an even $\frac{1}{4}$ inch or slightly less in thickness. Use a meat mallet or edge of a heavy plate. Care must be taken not to break through meat.

Lightly season flattened chicken cutlets with salt, pepper and other seasoning or herbs or spices as desired. Place small finger of hard chilled butter in centre of each piece of meat. Fold ends over butter and roll up crosswise like a jelly roll, completely enclosing butter in leakproof package. Size of butter fingers will depend on size of cutlets and may vary from $1\frac{1}{2}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ " to $2\frac{1}{4}$ " x $\frac{1}{4}$ " x $\frac{1}{4}$ ".

The professionally prepared cutlets à la Kiev look about the shape and size of pointed dinner rolls; thick in the middle and tapering toward each end.

Dip rolls in seasoned flour, then in egg, beaten slightly with a little water, then in very fine bread or cracker crumbs. Deep fat fry in hot fat 325°F. until golden and chicken is done, about 10 to 15 minutes.

Rolls may be prepared, ready to fry, in advance and refrigerated until time to cook, allow a little longer cooking time.



GREEN PEPPER AND CHICKEN

(Chinese Style)

- | | |
|---|-----------------------------|
| 1 chicken — 2½ to 3 lbs. | ½ lb. sliced fresh |
| OR 2½ lbs. chicken cuts | OR 1 (10-oz.) can mushrooms |
| 3 tablespoons shortening | 2 tablespoons soya sauce |
| 2 teaspoons grated onion | 2 cups chicken broth* |
| 1 small clove garlic, thinly sliced | 1 tablespoon cornstarch |
| 1 cup sliced green pepper (¼" slices cut in half) | 1 cup cashew nuts |
| | 3 to 4 cups cooked rice |

Remove meat from bones and cut into bite-sized pieces. Melt shortening in large heavy frying pan, add chicken and sauté slowly until golden, stirring constantly. Add onion and garlic, green pepper, mushrooms and soya sauce, sprinkle with cornstarch, stir and cook 10 minutes. Add chicken broth or water and simmer 15 minutes or until chicken is tender. If too thick, add a little more broth or water. Add cashew nuts, heat thoroughly and serve with hot rice. Yields 5 to 6 servings.

Rice may be moulded in a greased ring-mould, turned out on a platter and center filled with chicken mixture. For added colour mix ¼ to ¾ cup of finely chopped parsley or canned pimiento with cooked rice.

If desired, 1 can bean sprouts may be added with the cashew nuts. This will increase yield to 8 servings.

*In place of broth, dissolve 2 chicken bouillon cubes in 2 cups water.



TERIYAKI CHICKEN

(Japanese)

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| 1 tablespoon salad oil | ½ cup sugar |
| 2 teaspoons water | ½ cup soya sauce (preferably Japanese) |
| ¼ to ½ teaspoon garlic powder | 3 to 3½ lbs. chicken pieces |
| OR finely chopped garlic clove | |
| ¼ teaspoon ginger | |

Mix oil, water, garlic, ginger, sugar and soya sauce. Stir to dissolve sugar. If chicken legs are large, separate drumstick and thigh at joint. Place chicken in single layer in one or more shallow baking dishes (do not crowd) and pour on Teriyaki sauce. Cover and let stand in refrigerator 30 minutes or longer turning several times to marinate evenly. Bake skin side down, covered, in moderate oven, 350°F., 45 minutes. Turn skin side up, drizzle with sauce in pan (if sauce is too thick, stir in some water). Continue baking, uncovered, until fork-tender about 20 minutes. Yields 6 to 7 servings.

NOTE: If chicken pieces are frozen, rinse under cold water, drain and place in sauce in bowl, cover and let stand an hour at room temperature or for several hours in the refrigerator. Chicken may be put in oven partially thawed, following directions for placing in single layer. Add 10 to 20 minutes to baking time.

NOTE: Alternate method: Use 3 to 3½ lbs. of chicken wings cut in three with the tips "discarded to the soup pot". Brown wings in a little hot fat then add 2 to 4 tablespoons of water, cover and steam fry about 15 minutes. Add Teriyaki sauce and simmer, covered, until tender, about 45 minutes.

SALAD AND SANDWICH COMBINATIONS WITH CHICKEN

To cubed cooked chicken, diced celery and mayonnaise to moisten, add one or more of the following combinations to suit your taste:

- > grated onion, shredded cabbage, lettuce, grated carrot, raisins;
- > cubed fresh or canned peaches, toasted nuts, curry powder;
- > cubed fresh or canned pears, finely diced preserved ginger;
- > cooked green beans or peas, sliced green onion and radishes;
- > rice or macaroni (cooked in chicken broth), sliced green olives and radishes, diced cucumber and onion;
- > drained crushed or cubed pineapple, pecans, diced cucumber.

Serving suggestions for salads: Arrange on lettuce leaves or other greens; in cream puff shells, scooped out tomato, apple, green pepper or cucumber shells; pastry tart shells; on inch thick slices of cantaloupe.

QUINTE SALAD

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| 2 cups cubed cooked chicken | 2 tablespoons chopped sweet pickles |
| ½ cup cubed cooked ham | 2 tablespoons minced onion |
| ⅔ cup diced Swiss cheese | 2 tablespoons chopped pimiento <i>OR</i> |
| 2 hard-cooked eggs chopped | fresh sweet red or green pepper |
| 1 cup diced celery | ⅓ cup mixed boiled-type salad |
| salt and pepper to taste | dressing and mayonnaise |
| 2 cups torn lettuce | |

When cubing meat, cut in fairly uniform and not too big pieces. Dice cheese slightly smaller or cut in narrow strips. Tear lettuce in bite-size pieces. Minced green onion (tops and all), are nice in place of cooking onion. If very mild, use slightly more. Combine all ingredients except lettuce and toss lightly and refrigerate until ready to serve. At serving time add lettuce and more salad dressing if necessary and toss lightly to combine. Garnish with radish roses or slices or wedges of tomato. Yields 6 servings. Use as a substantial main course or serve smaller helpings with little rolls for wedding reception or party, in crisp cream puff shells garnished with gherkins and carrot curls for lunch or supper, spread generously in split and buttered hamburg or weiner buns for a picnic or as a filling in small soft dinner rolls for afternoon or evening refreshments with tea or coffee.

HERMAN'S SANDWICH SPREAD

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| 1 tablespoon chopped onion | dash of garlic powder |
| 1 to 2 chicken livers | salt and pepper |
| 1 hard-cooked egg | 1 tablespoon mayonnaise |

Sauté onions slowly in thin layer of moderately hot fat until just golden. Remove from pan and drain. Rinse liver, dry and remove any white connective tissue. Sprinkle with seasonings. Sauté quickly in the hot fat until nicely browned and crisp on outside. Put onion, liver and egg through medium blade of meat grinder. Adjust seasonings to taste, moisten with a little mayonnaise or cream and spread on buttered bread, crisp rolls or crackers. Yields approximately ½ cup filling, 3 to 4 sandwiches.

NOTE: For larger quantity of spread, liver may be increased to ¼ pound for each 2 eggs.

JELLIED CHICKEN SALAD

For each two cups of chicken broth or dissolved chicken bouillon cubes use one package of unflavoured gelatine. Soak gelatine in $\frac{1}{4}$ cup of cold broth. Dissolve in remaining hot broth, cool until syrupy. Adjust seasoning to taste and add 1 to $1\frac{1}{2}$ cups cut-up chicken. Pour into lightly oiled individual moulds and chill until firm. To serve unmould on individual or one large serving plate. Garnish with lettuce and radish roses. Yields 4 to 6 servings.

If desired chopped celery, thinly sliced radishes, green peas or diced green pepper may be added in place of part of chicken for colour and texture contrast.

LARGE QUANTITY CHICKEN SALAD RECIPE

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| 10 cups $\frac{1}{2}$ inch chicken cubes | 1 tablespoon salt |
| 10 cups diced celery | 2 cups canned cubed pineapple |
| 16 hard-cooked eggs | 6 cups diced cucumber |
| 3 cups salad dressing | 3 cups toasted almonds |

6 heads lettuce

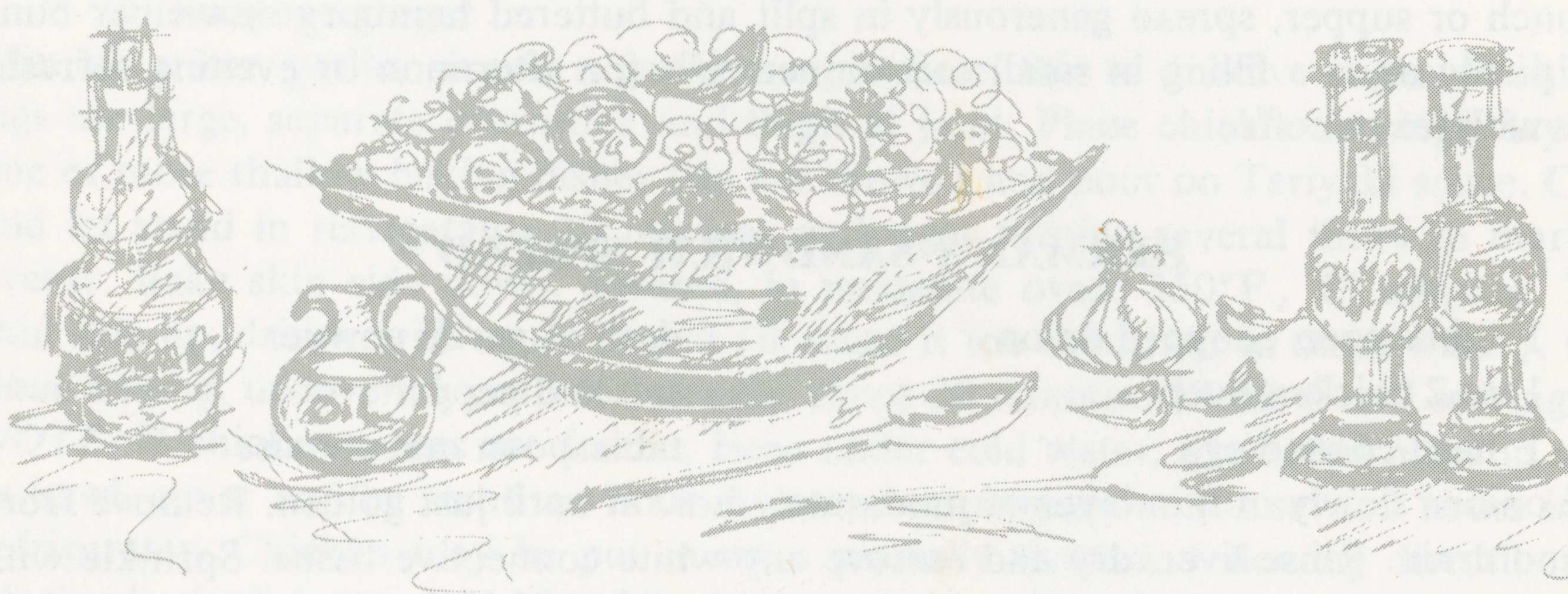
Chop eggs and almonds coarsely, drain pineapple and combine all ingredients except lettuce, adding more salad dressing if necessary. Chill and serve on lettuce. Yields about 60 small or 45 large servings.

SPECIAL CHICKEN SALAD

- | | |
|----------------------------------|---------------------------------------|
| 2 cups cubed cooked chicken | $\frac{1}{4}$ cup diced pimiento |
| 1 cup diced celery | $\frac{1}{4}$ cup chopped ripe olives |
| $\frac{1}{2}$ cup diced cucumber | $\frac{1}{4}$ cup cashew nuts |

mayonnaise to moisten

Combine all ingredients except cashew nuts. Arrange on individual plates with lettuce and garnish with nuts. Yields 4 to 6 servings.



Any chicken salad mixture may be used as a sandwich filling, just chop ingredients smaller.

HOW TO BONE CHICKEN

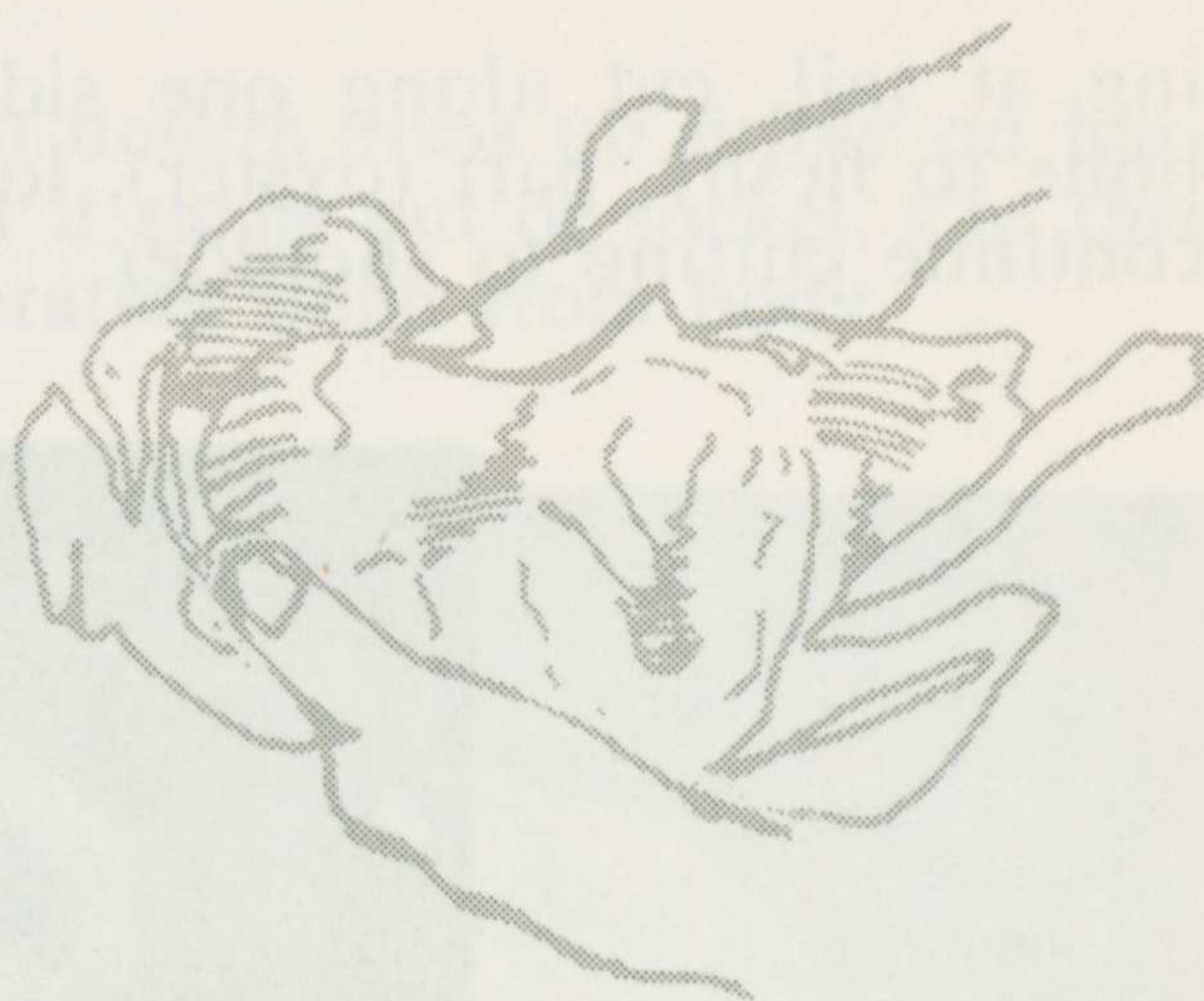
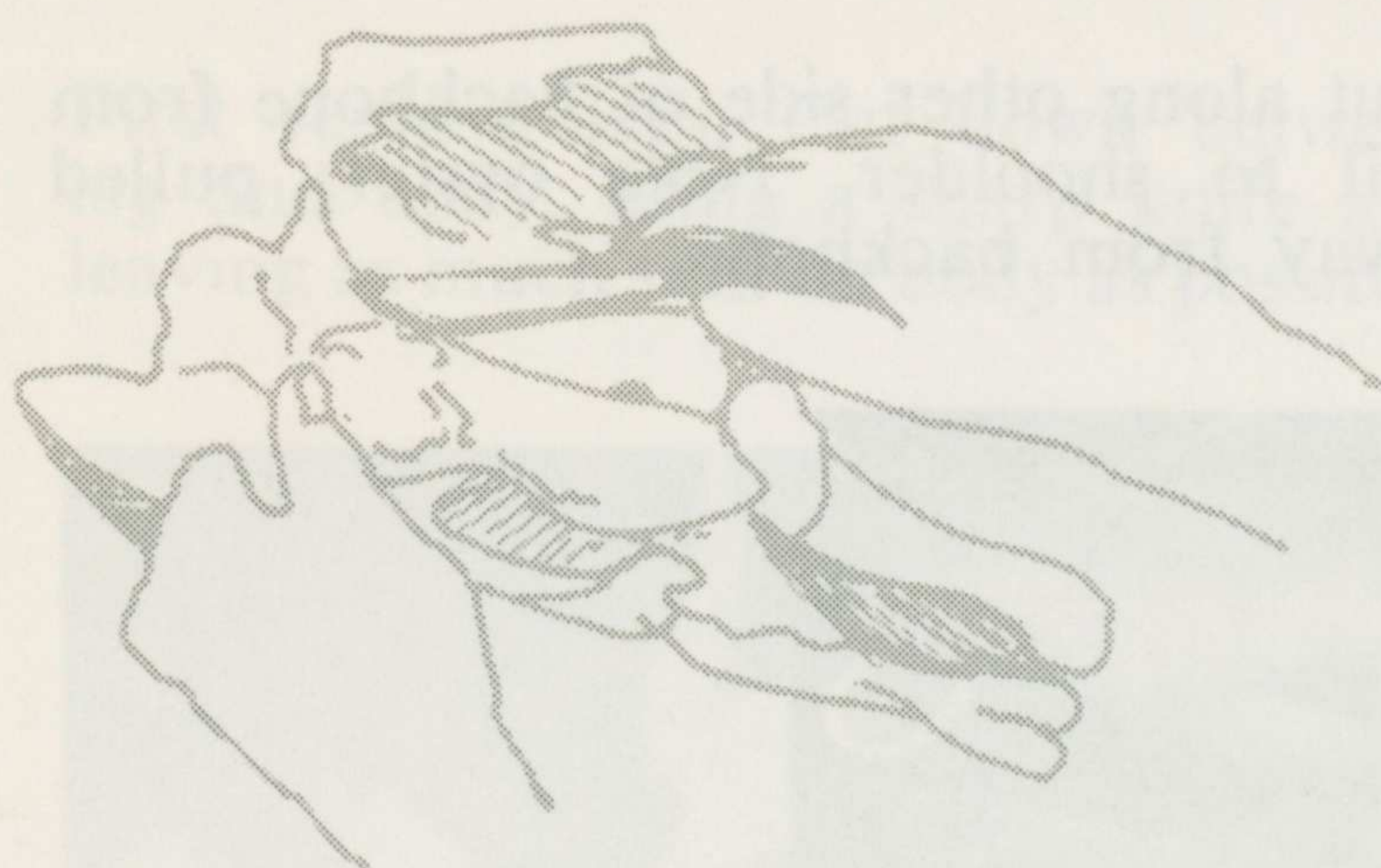
Boned chicken has found high esteem among gourmets in expensive restaurants for many generations. New chicken cookery makes use of cut-up boned chicken in a variety of fast delicious dishes; strips of chicken meat for Stroganoff, cubes for fondues, meat for Cordon Bleu, and many other main courses formerly found only in exclusive restaurants.

Boning is very simple. All that is required is a little patience to learn the technique and a sharp pointed paring knife or boning knife.

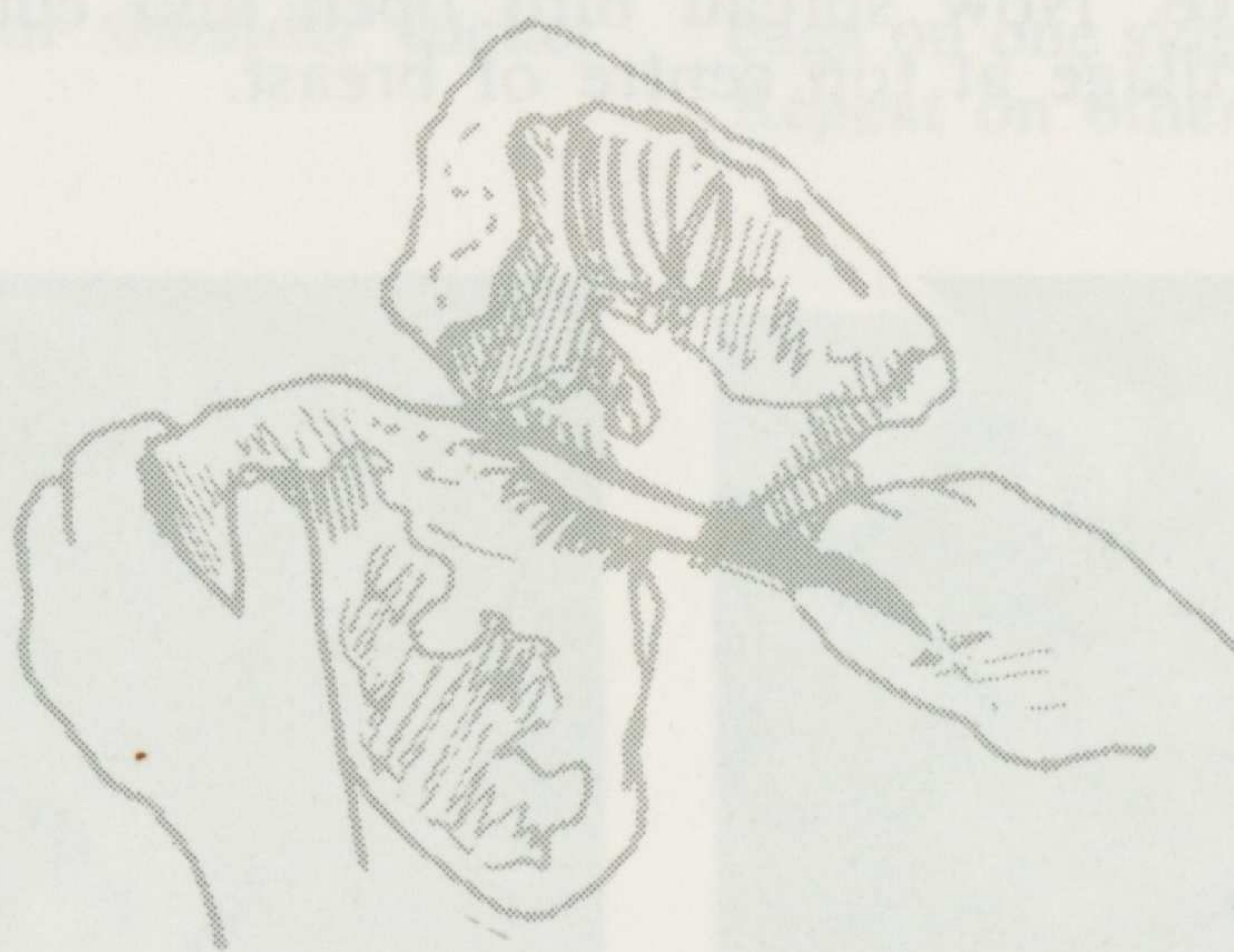
Boned fresh unfrozen chicken may be wrapped and frozen ready for convenient quick dishes.

WHOLE CHICKEN BREASTS

Step 1: Place chicken skin side down on cutting board. With sharp pointed paring knife, cut through white gristle at top of keel bone (breast bone at center of breast) Remove keel bone as directed at bottom of page 8 "To cut a broiler in half".



Step 2: Working with one side of breast, insert tip of knife under long rib bone. With fingers and knife work underneath bone and cut free from meat. Lift bone away from breast, cut meat from rib cage, cutting around outer edge of breast up to and around shoulder joint. This removes entire rib cage. Turn breast around and repeat on other side. Bones are removed even more easily if breast is partially frozen.



Step 3: Working from ends of wishbone, scrape meat away from each piece of bone; cut out bone.

Step 4: Remove skin if desired. Bones and skin may be used for broth.

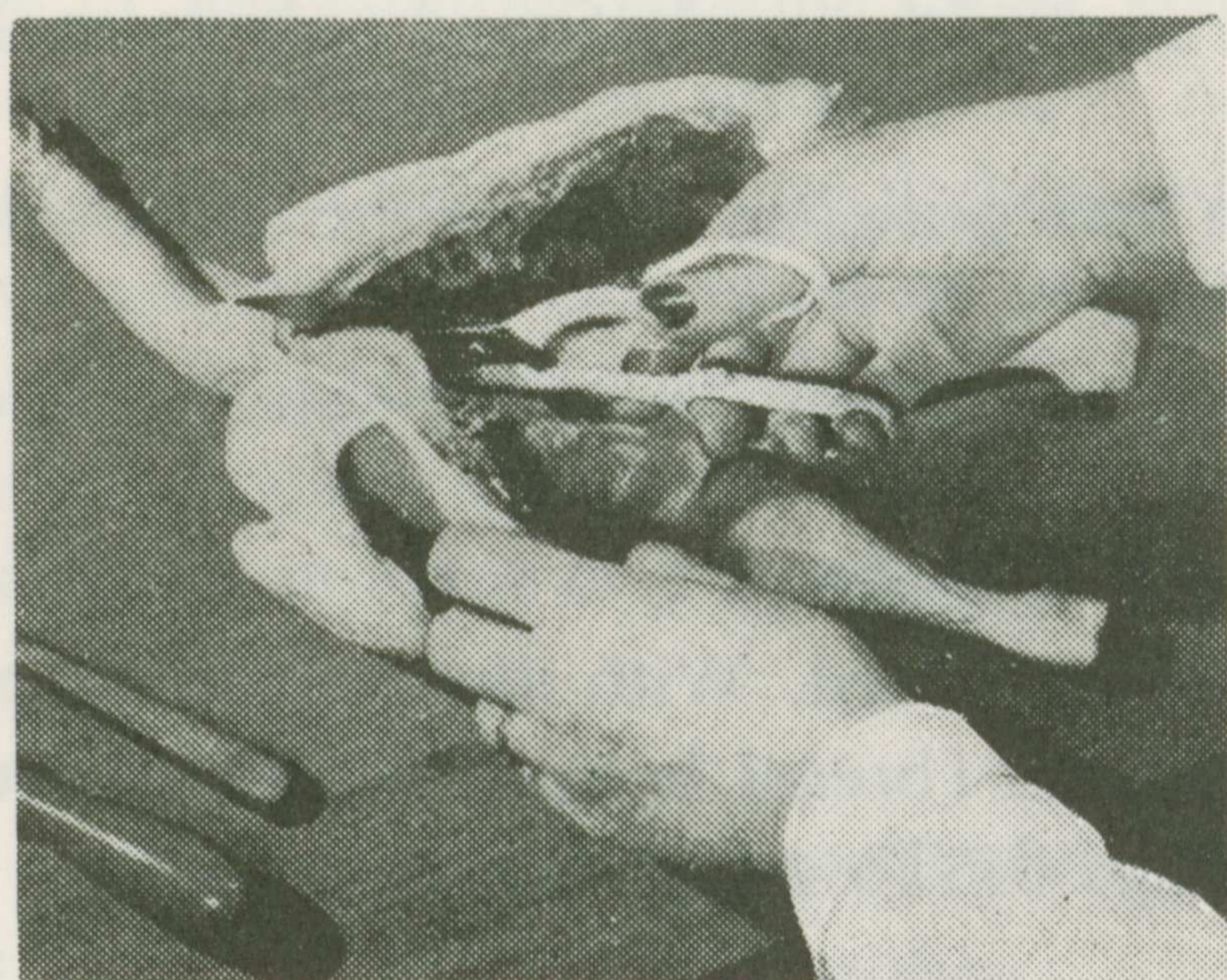
THIGHS

Make lengthwise cut along thinner side of thigh. Pull and scrape flesh away from bone and remove.

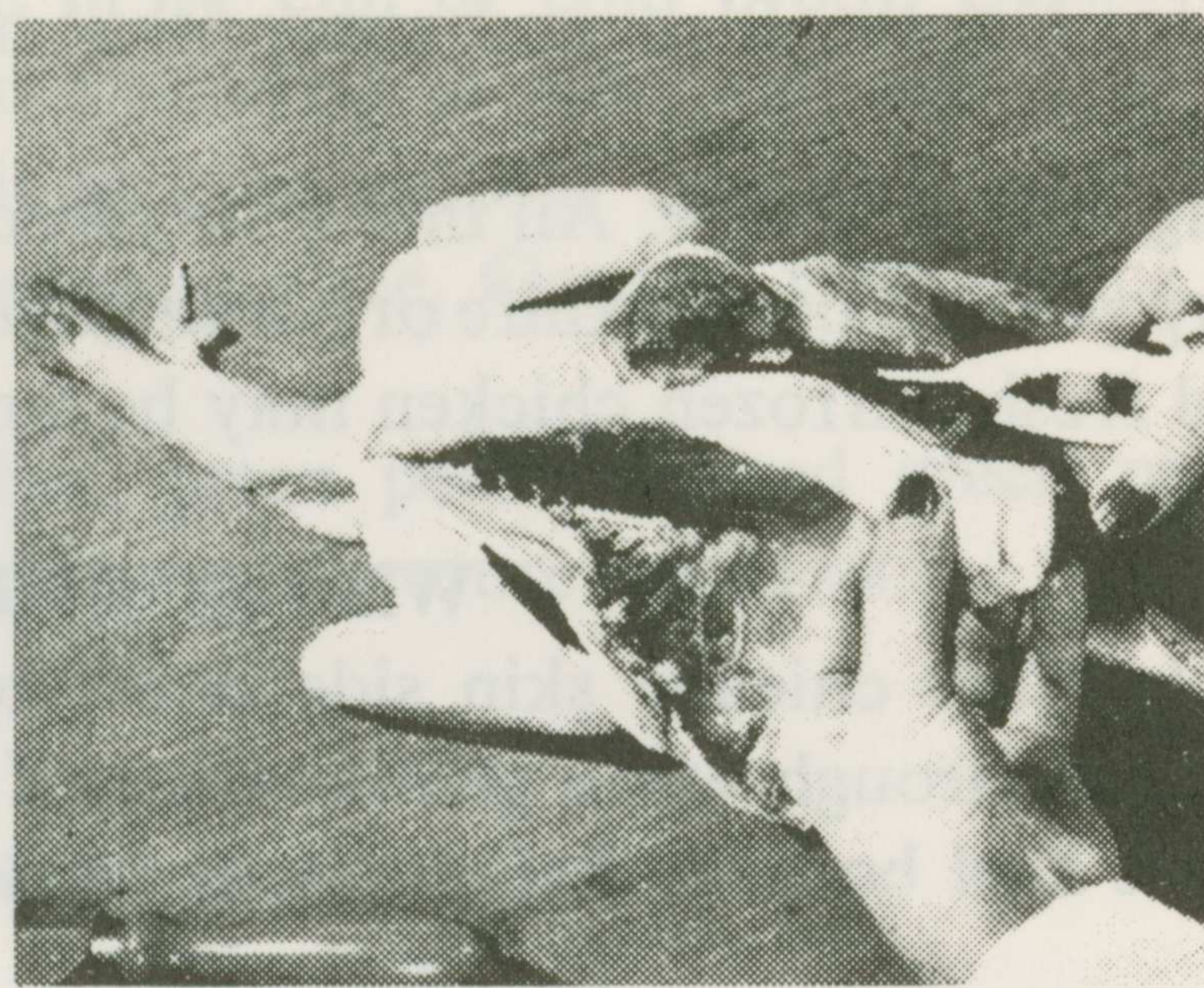
DRUMSTICKS

Make lengthwise slit down length of drumstick. Cut and push meat from bone. Remove bone. Lay drumstick flat and with knife scrape along tendons as you pull them out leaving the meat attached where possible to the drumstick.

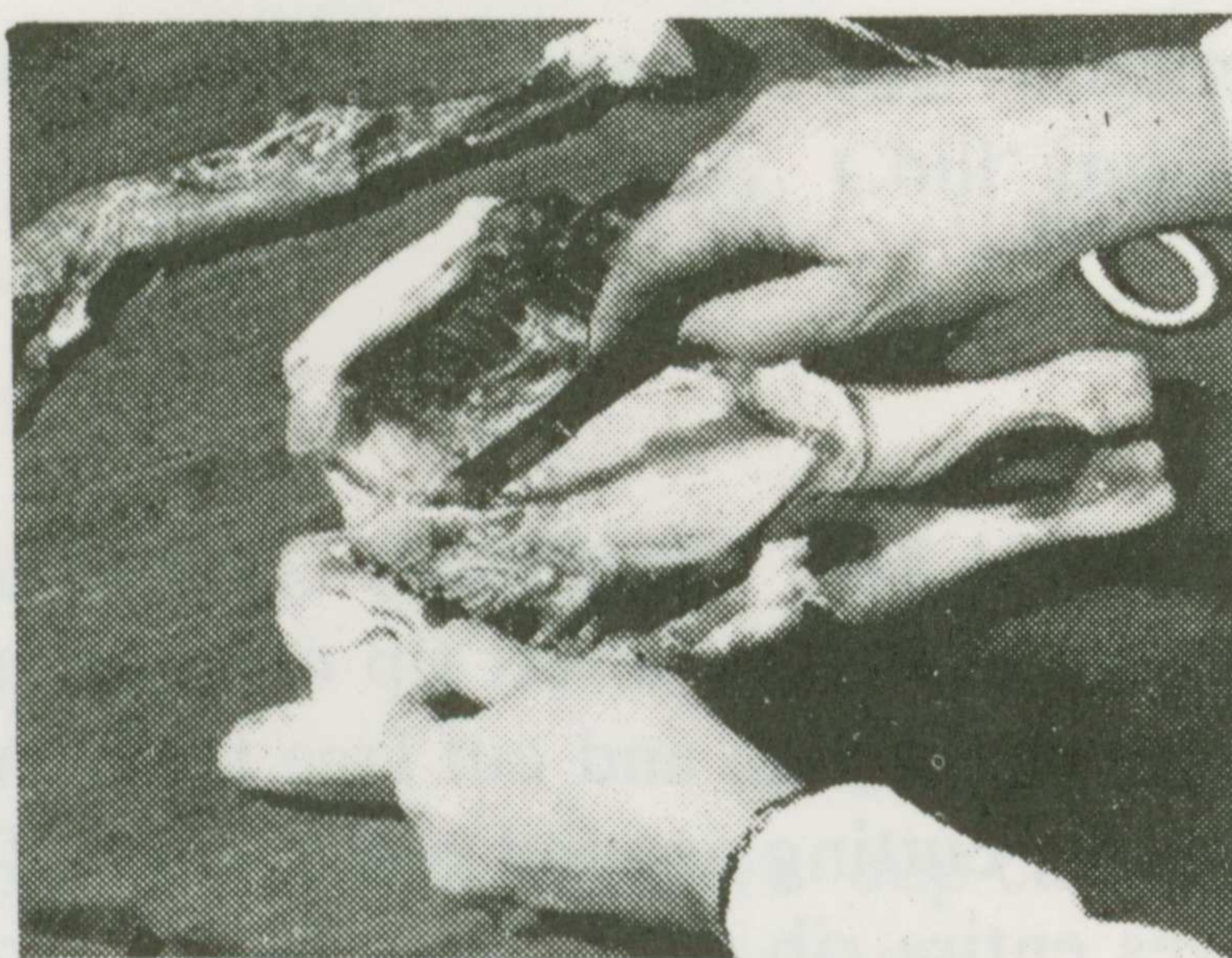
TO CUT A BROILER IN HALF



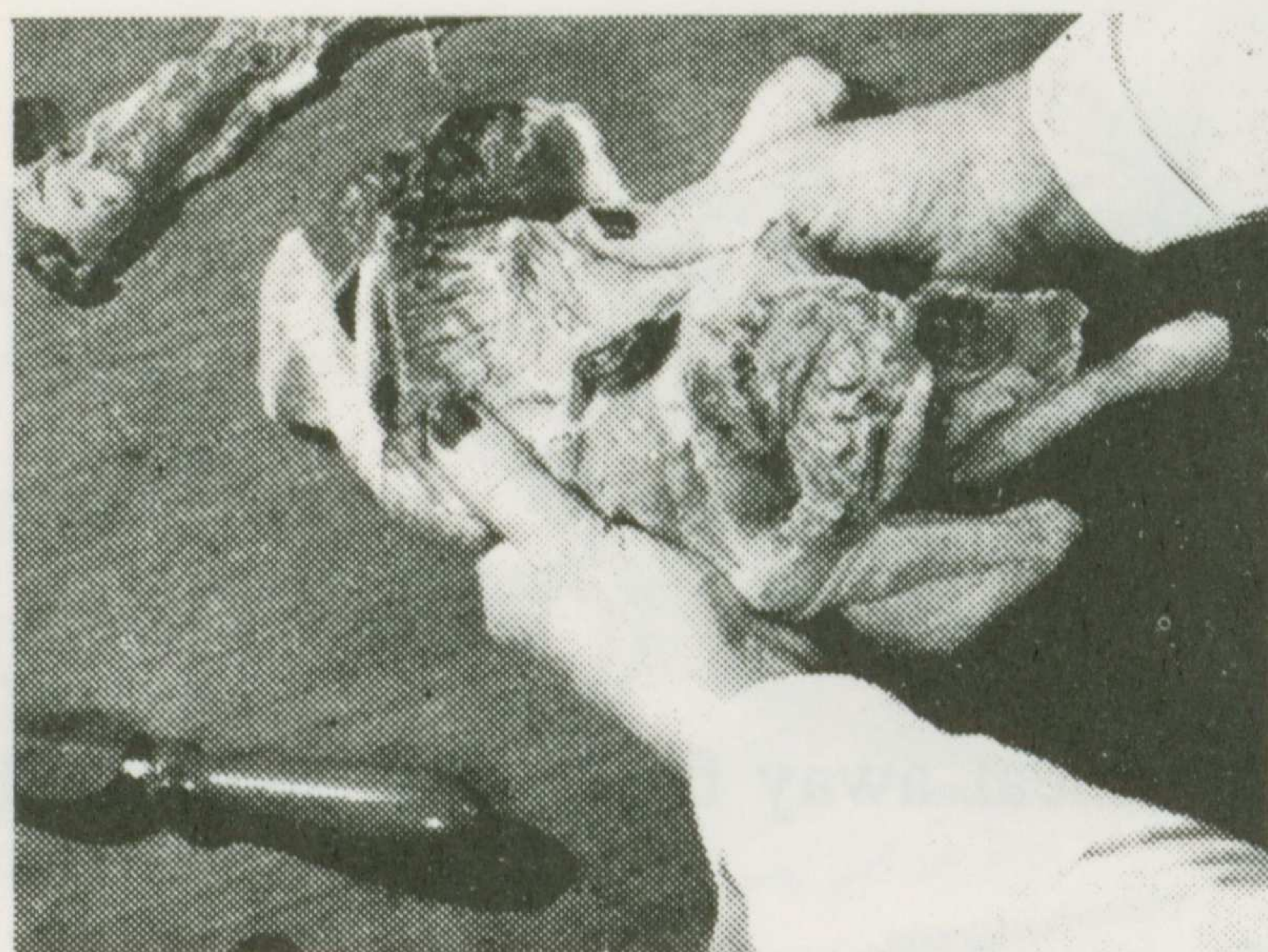
Starting at tail, cut along one side of backbone to fleshy part (oyster), loosen and continue cutting to shoulder.



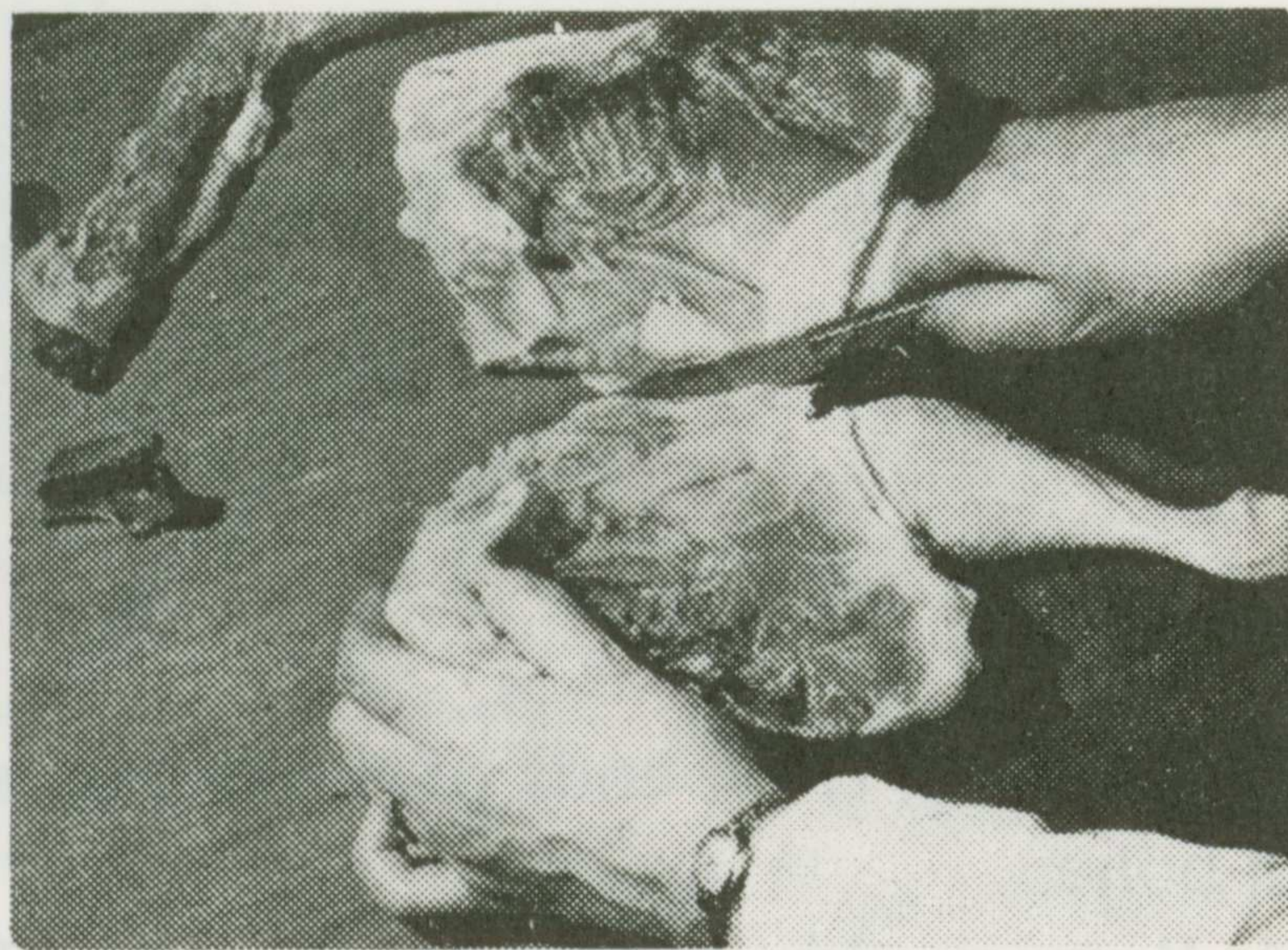
Cut along other side of backbone from tail to shoulder. Note oyster, pulled away from backbone.



Backbone and neck are removed in one piece. Now spread bird open and cut cartilage at top centre of breast.

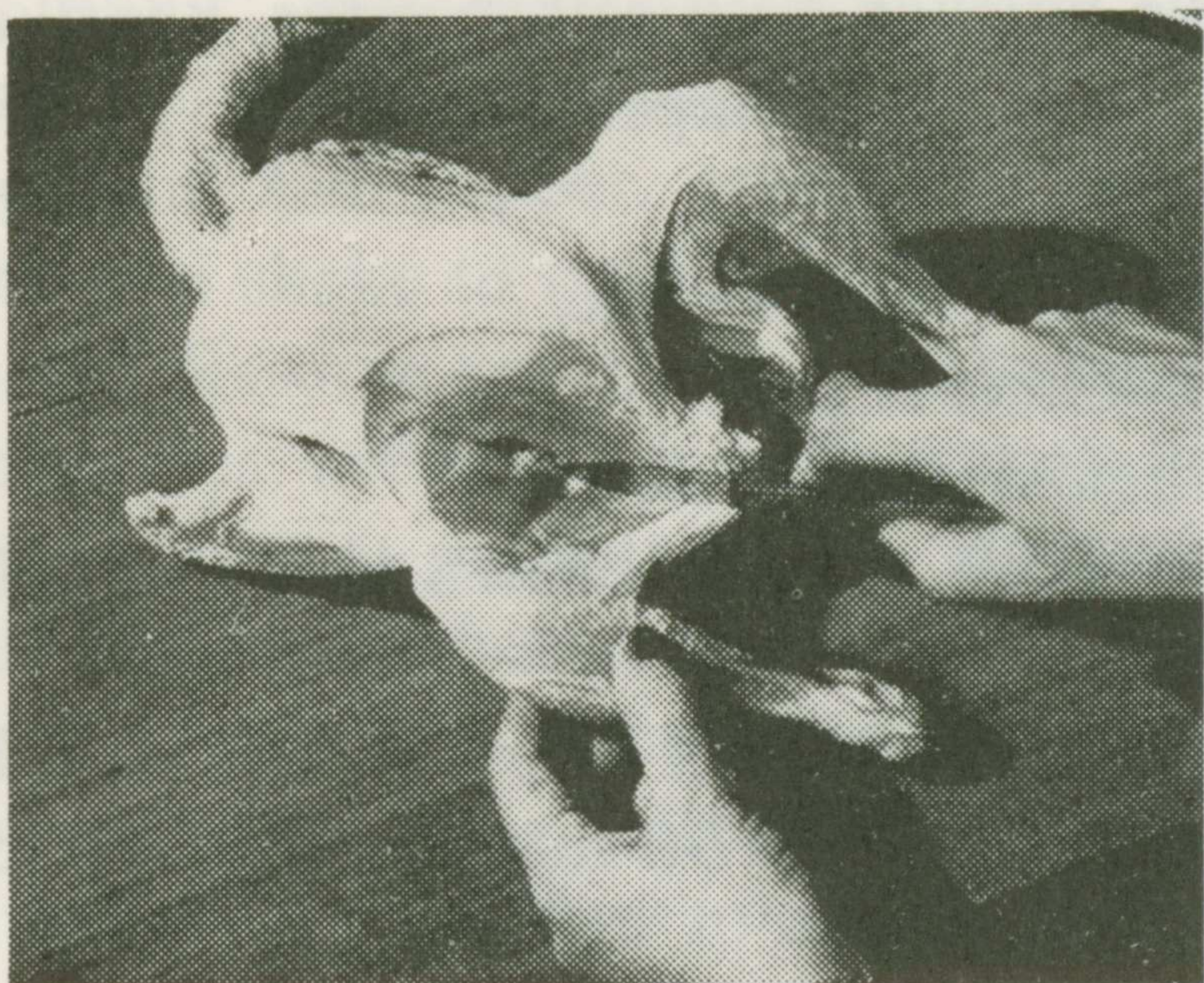


Hold chicken at tail and neck as shown, press from underneath to spring keel bone up. Keel bone then pulls out easily.

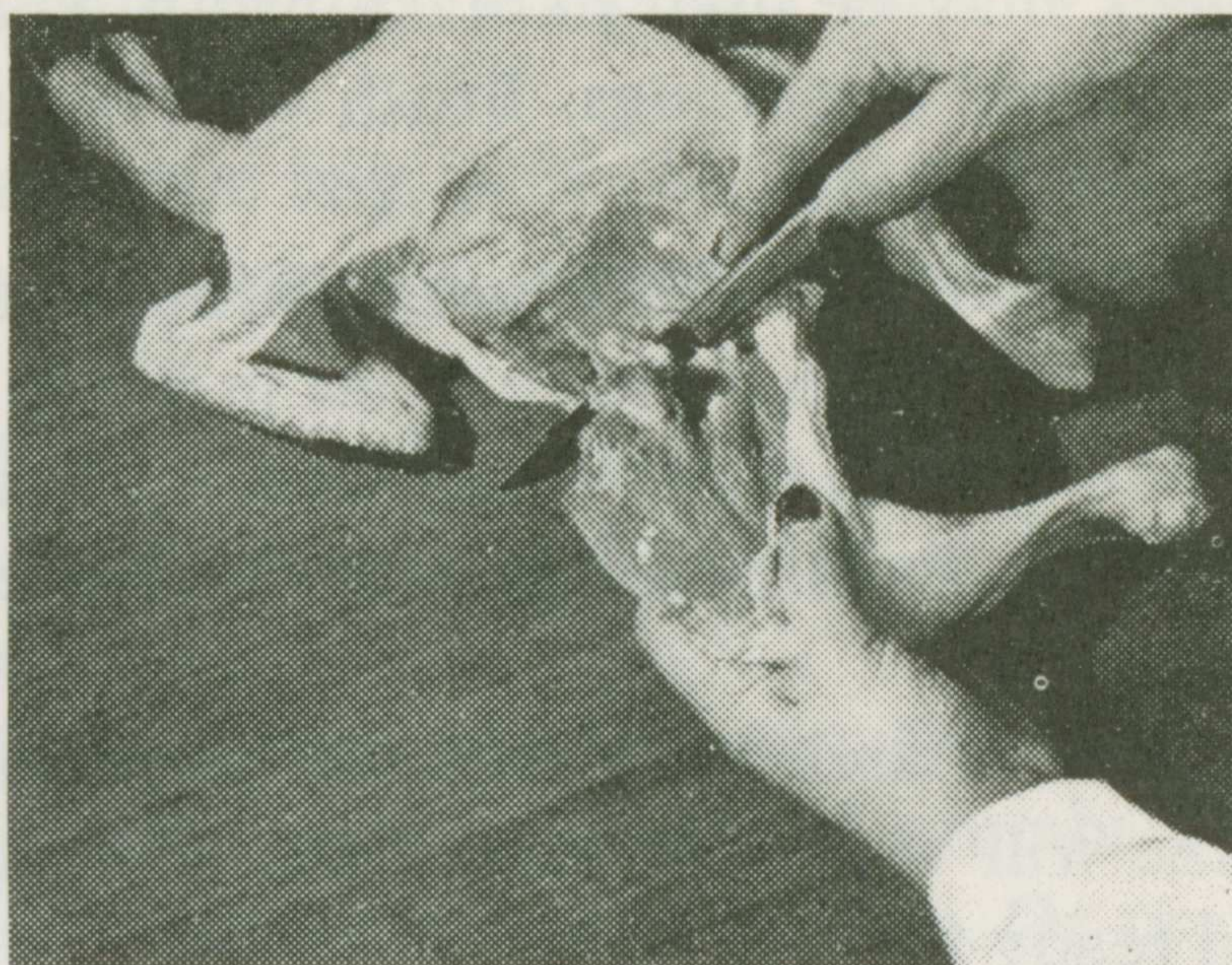


Cut down centre, through breast with sharp knife. (Cook neck and backbone with giblets for broth or gravy).

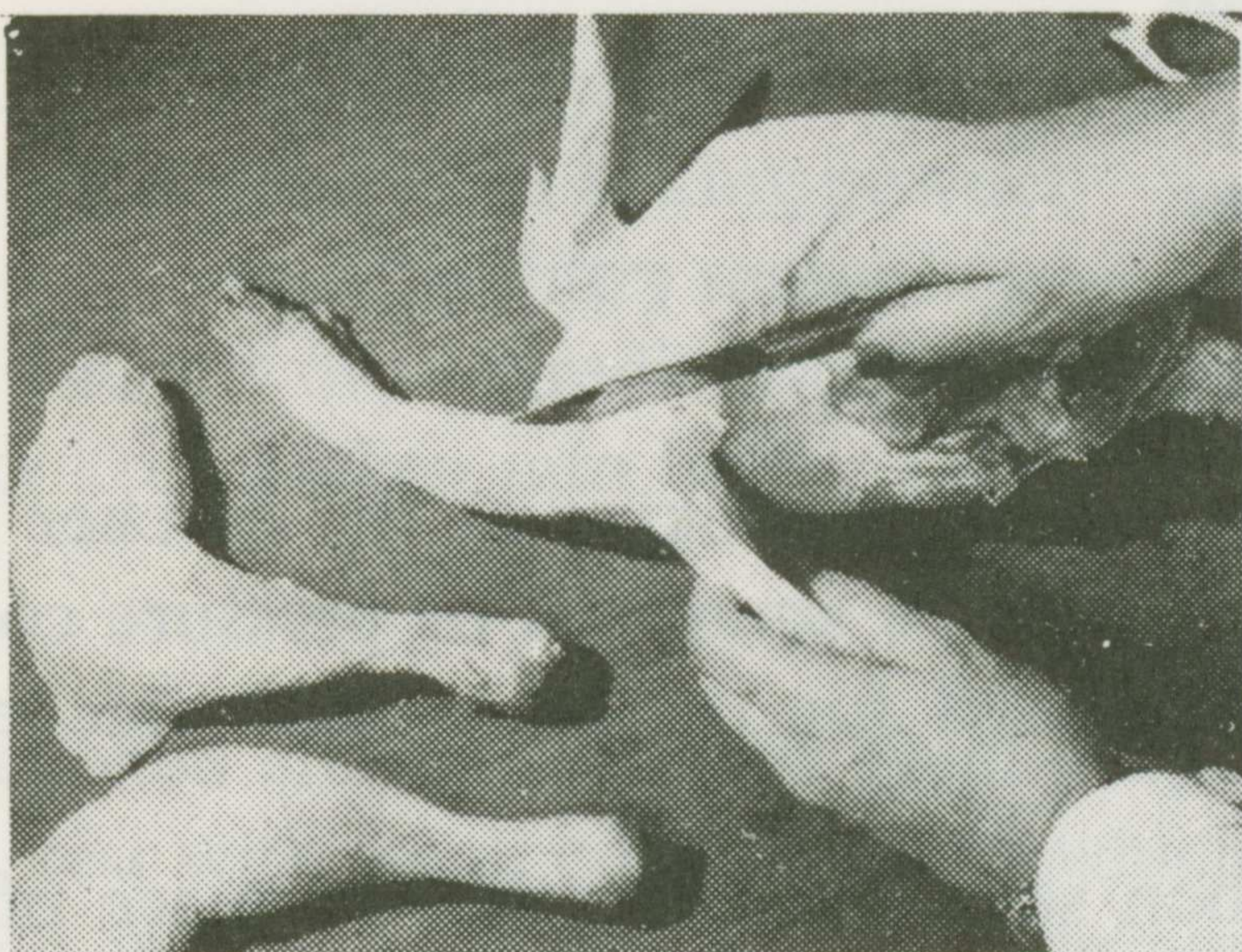
HOW TO CUT A CHICKEN INTO SERVING PORTIONS



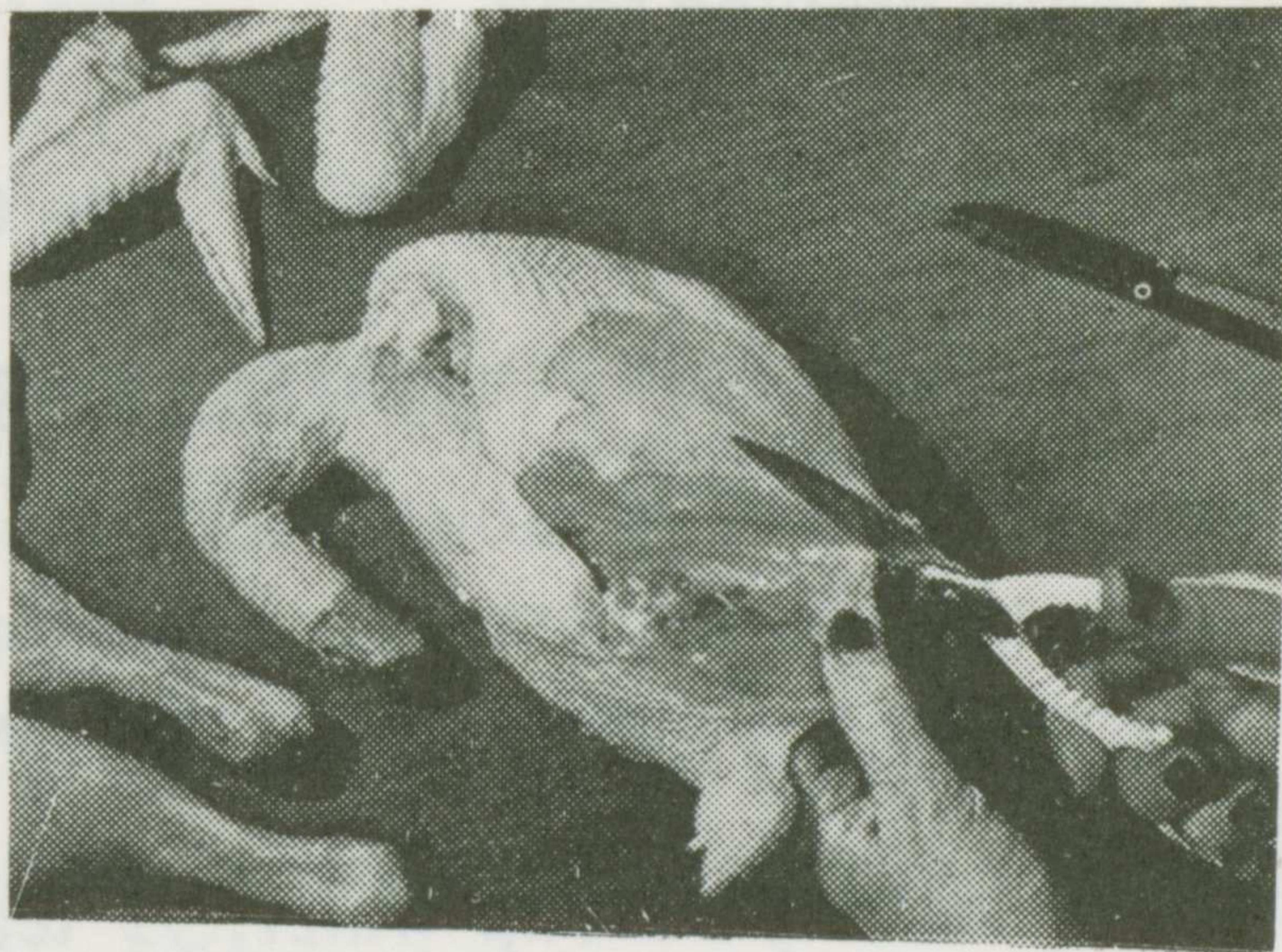
First remove legs. Cut down between leg and body, using a sharp knife and leaving as much skin on body as possible.



With fingers press up firmly on hip joint until it snaps out of socket. Cut through, separating thigh from body.



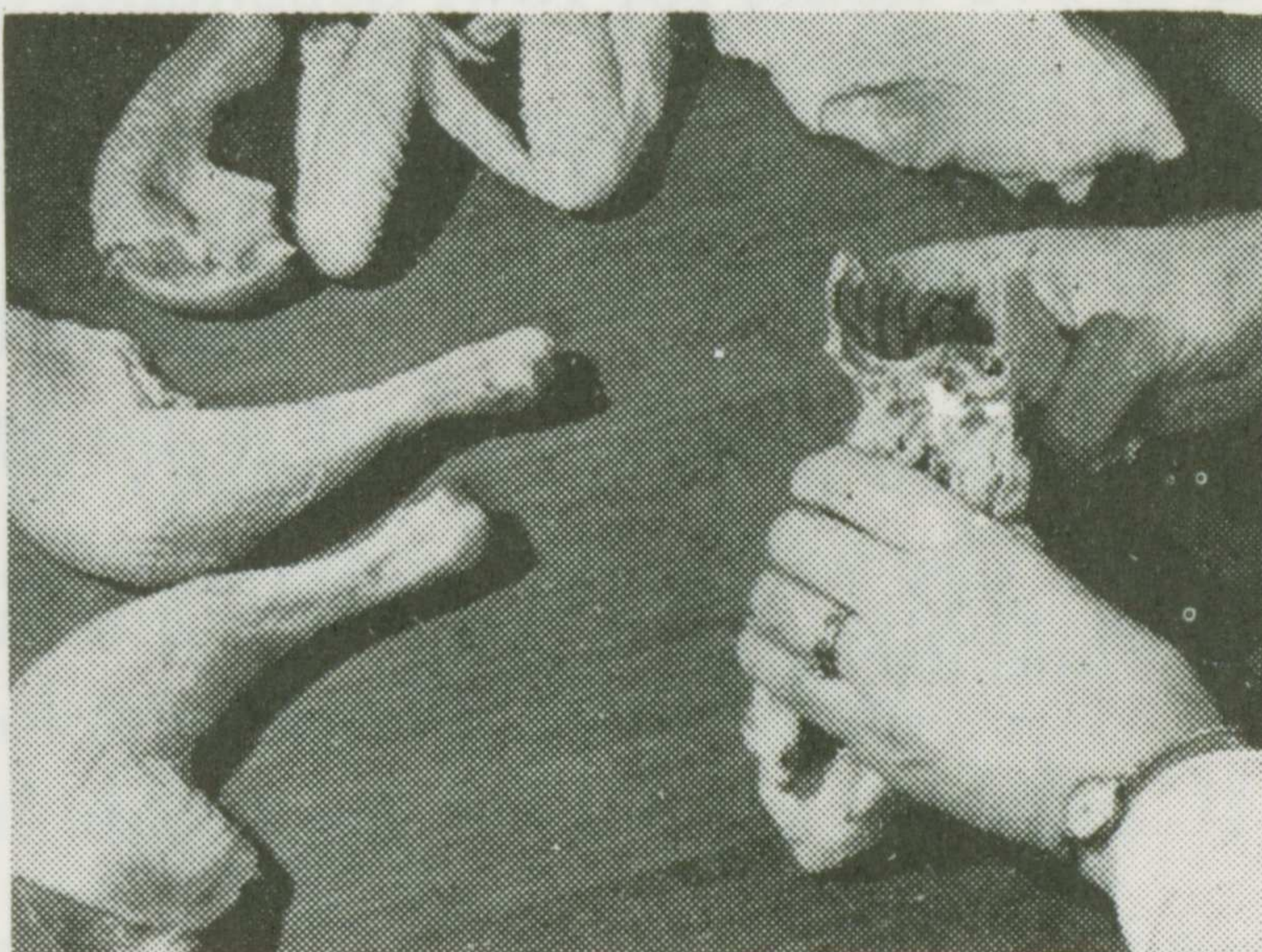
Remove wings next. Cut around shoulder joint. Twist wing out of shoulder socket and cut off.



Cut through thin tissue and middle of rib cage on one side, from tail to wing socket. Repeat on other side.



Separate back section from breast by breaking apart at shoulders and cutting through skin. Remove the neck.



Hold back as shown, break backbone, then cut through to separate back in two. Be sure oil sac is removed from tail.

BROILED CHICKEN

Reduce Oven Spattering by Correct Broiling Procedures

Choose required number of chickens allowing quarter to one-half per serving depending on size of broilers. If not already split, divide birds in half (see page 8). Backbone and neck may be used to make broth. Sprinkle chicken with salt, pepper, paprika and other desired seasonings. Brush with basting sauce (see recipes pages 12, 13), melted butter or salad oil.

Place chicken, skin side down, in broiler pan without broiler rack.

This allows chicken to keep moist in juices that collect in pan.

Place pan in oven 6 to 8 inches from source of heat and cook slowly*.

Adjust oven rack closer to heat if chicken does not start to brown in 15 minutes of cooking.

Turn chicken and brush with barbecue sauce or butter about every 15 minutes. Broiling time will vary with size of chicken. Allow about 50 to 90 minutes for 2½ to 3½ pound ready-to-cook birds.

If chicken is browning too rapidly turn off broiler for 5 minutes at a time (close oven door). Oven temperature will be about 350°F.

Birds are cooked when leg twists easily out of socket with little pressure.

*Follow manufacturer's directions for using broiler. Some recommend leaving oven door ajar while broiling food.



SIMMERED CHICKEN

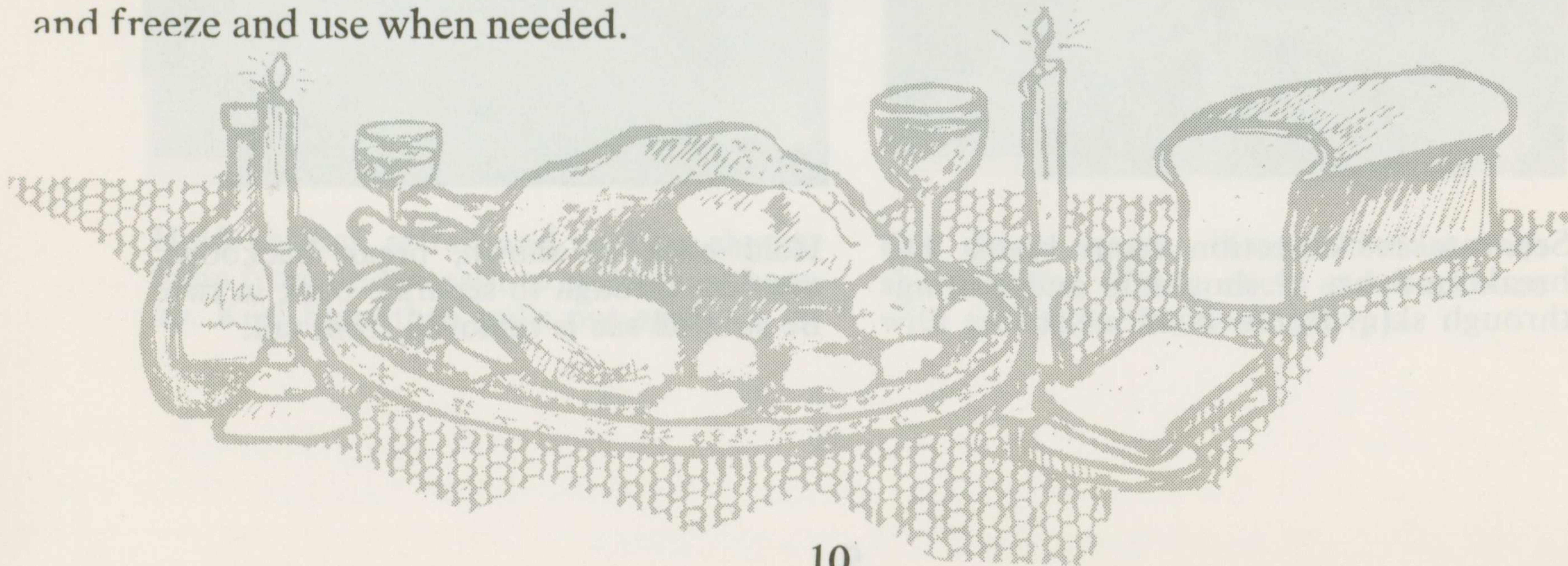
Fowl must be cooked by moist heat, either by long slow cooking or the quicker pressure cooker method. Broiler-fryer chickens may also be simmered or pressure cooked but take less time. Chicken parts may be simmered for use as cooked chicken in recipes.

Allow approximately ½ cup water, ½ teaspoon salt, few celery leaves, piece of bay leaf and ¼ small onion sliced for each pound of chicken to be simmered.

Place chicken, whole or cut up (see page 9) in kettle with close fitting lid. Add water and seasonings, cover and bring to a rapid boil. Skim if necessary and reduce heat to simmering point. Cook slowly until meat is fork tender. Add more water if necessary. Allow 2 to 3½ hours for fowl depending upon size and about 1 to 2 hours for broiler-fryers or larger chicken.

To pressure cook, reduce water by one-half. Follow manufacturer's directions and cook 40 to 60 minutes for fowl until tender and 15 to 25 minutes for chicken depending upon size.

If not being used at once chill rapidly by setting pan in cold water then refrigerate until needed. Use within 2 to 3 days or strip meat from bones, wrap in portions required and freeze and use when needed.



FRIED CHICKEN

(In shallow fat, deep fat or oven fried)

TO COAT CHICKEN PIECES

With Flour: Mix flour in proportion of $\frac{1}{2}$ cup to $1\frac{1}{2}$ teaspoons salt, $\frac{1}{4}$ teaspoon pepper and 2 teaspoons paprika.

Place flour, salt, pepper, paprika in paper or plastic bag. Add chicken, a few pieces at a time and shake to coat with flour mixture. Remove and repeat until all the chicken is coated. Reserve any excess flour to thicken gravy.

Other spices, herbs or seasonings may be added to coating mixture such as rosemary, thyme, oregano, garlic powder, ginger, curry powder, grated orange or lemon rind, grated Parmesan cheese, sesame seed, cornmeal, etc.

With Crumbs: Dip pieces of chicken in seasoned flour, then beaten egg (add 2 teaspoons water per egg). Roll in fine bread crumbs, ready-to-eat cereal crumbs (wheat, corn flakes, etc.). Allow to dry for few minutes before frying or baking. Or use commercial crumbing mixes following manufacturers' directions or Crumb Mixture (see page 20).

With Batter: Pre-cooked, cut-up chicken or fowl may be used. Dip pieces in following mixture.

BATTER

| | |
|--|-----------------------------|
| 1 cup sifted pastry flour | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ teaspoons baking powder | 1 egg |
| pinch poultry seasoning | $\frac{3}{4}$ cup milk |

Mix and sift dry ingredients. Beat egg and milk and stir into flour mixture. Dip pieces of cooked chicken into batter. Drain for a few minutes, then deep fat fry.

DEEP FRY

Pre-cooked chicken or fowl: Heat deep fat to 375°F . (If no fat thermometer is available, test with small cube of bread which should brown in 30 seconds). Add pieces of coated chicken and fry until golden brown, about 5 minutes.

Coated Raw Chicken: Heat deep fat to 325°F . if fryer is automatic electric type, or if stove element is thermostatically controlled, otherwise heat fat to 350°F . before adding chicken pieces as the chicken will reduce temperature.

Fry at 325°F . until golden brown on all sides and fork-tender, about 15 minutes.

Do not over-crowd frying basket.

Drain cooked chicken on crumpled paper towels in warm oven.

SHALLOW FRY

Heat $\frac{1}{4}$ to $\frac{1}{2}$ inch of melted fat or cooking oil in heavy frying pan until a drop of water will sizzle in it.

Cook coated chicken pieces in the fat, turning frequently until evenly and lightly browned, about 15 to 20 minutes. (Start cooking meatiest pieces first).

Cover pan with tight fitting lid or fit piece of aluminum foil closely over pan. If steam escapes add 2 tablespoons water.

Cook until chicken is fork tender, 20 to 25 minutes or longer if pieces are large.

For crisp coating uncover pan last 10 minutes of cooking and turn pieces once.

ADD A GOURMET TOUCH

Add to melted fat in pan, (before frying chicken), a good dash *EACH* of paprika, ginger, allspice, turmeric, few grains cayenne pepper and 1 medium onion sliced. Cook onion until clear, then remove it. Fry chicken as usual.

OVEN FRIED CHICKEN

(Nice for dinner party or buffet supper, See also page 19)

- | | |
|-----------------------------------|---------------------|
| 2 chickens (approx. 3½ lbs. each) | 2 teaspoons paprika |
| OR 6 lbs. chicken cut up | ¼ teaspoon pepper |
| ½ cup flour | fat for frying |
| 1½ teaspoons salt | ¼ cup melted butter |
| ¼ cup hot broth or milk | |

Cut chicken into serving pieces (see page 9). Rinse and dry with clean paper towel or cloth. Coat with flour mixed with seasonings. Melt sufficient fat in heavy frying pan to make layer ½" deep. Heat fat until drop of water just sizzles in it. Brown chicken in fat.

Remove pieces and arrange in a single layer in shallow baking pan. Combine melted butter and broth or milk and spoon over chicken. Bake in moderate oven 350°F., 30 to 40 minutes or until tender. Turn once or twice to crisp evenly. Yields 10 to 12 servings. (For fewer servings reduce recipe).



BASTING SAUCES

HUNGARIAN STYLE BASTING SAUCE

- | | |
|-----------------------------|---------------------------------------|
| ½ teaspoon caraway seeds | sprinkling of pepper |
| 1 clove garlic, minced | ½ teaspoon dehydrated lemon peel |
| OR ¼ teaspoon garlic powder | OR 1 teaspoon grated fresh lemon rind |
| 1 teaspoon salt | ½ cup salad oil |

In a small saucepan mix the caraway seeds, garlic, salt, pepper and lemon rind. Using a wooden spoon, grind the mixture against the side of the pan to break up the caraway seeds. Add oil and stir and heat a few minutes to blend flavours.

Brush basting mixture over surfaces of cut-up poultry. Bake or barbecue.

LIMEY BASTING SAUCE

- | | |
|---------------------------------------|-------------------------------------|
| ¼ cup undiluted thawed frozen limeade | 2 to 3 teaspoons powdered thyme |
| | ½ teaspoon garlic powder (optional) |

Blend ingredients and warm just before starting to use it. Sufficient for approximately 4 chicken halves. If halves are large, quantity of sauce may be increased or extended with melted butter. Use generously during final 20 minutes of cooking.

LEMON BASTING SAUCE

- | | |
|-------------------------------|--------------------------------|
| ¼ cup butter, melted | 2 to 3 tablespoons lemon juice |
| 2 to 3 drops hot pepper sauce | (fresh, frozen, canned) |
| | ½ to 1 teaspoon paprika |

Mix together and keep warm. Brush generously on chicken to be roasted, baked, broiled or barbecued.

HERB BASTING SAUCE

- ¼ cup butter, melted

1/16 teaspoon *EACH* rosemary, thyme, ginger, garlic, ground coriander

Add rosemary and thyme to butter, add rest of seasonings, a little at a time, to suit taste. Brush on surface of whole or cut-up chicken, baste occasionally during cooking if desired. Bake, broil, barbecue or roast.

NIPPY BASTING SAUCE

¼ cup butter

1 teaspoon Worcestershire sauce

Cream Worcestershire sauce into softened butter. Rub generously on whole or cut-up chicken; bake, broil, roast or barbecue (see pages 10, 16, 19, 22).

SIMPLE BASIC SAUCE

½ cup butter

1 cup vinegar

1 to ½ teaspoons salt

¼ to ½ cup water

Combine ingredients and heat to blend flavours. Keep warm while using. This is a good sauce to use to start broiling. Enough for 4 to 6 halves.



KNOW THE POULTRY YOU BUY

CLASSES OF CANADIAN CHICKEN AVAILABLE

| Name | Sizes as sold | Allow per serving |
|------------------------------|-----------------------|-------------------------------|
| Cornish Hens | up to 1 pound | ½ to 1 bird |
| Squab Broilers | up to 1½ pounds | ½ to 1 bird |
| Broiler-Fryers | 1½ to 4 pounds | { ¼ to ½ bird ½ to 1 pound |
| Roasters | over 3½ pounds | |
| Poulards } Capon } | up to 8 pounds | ¾ to 1 pound |
| Fowl (Stewing Chicken) | 2½ to 6 pounds | ½ to ¾ pound |

HOW TO COOK

| | |
|---|---|
| Cornish Hens | oven or rotisserie roast, broil, barbecue |
| Squab Broilers | oven or rotisserie roast, broil, barbecue |
| Broiler-Fryers | broil, fry, stew, braise, oven or rotisserie roast, barbecue |
| Roasters } Poulards } Capon } | oven fry, oven or rotisserie roast |
| Fowl | stew or steam-roast, braise |

HOW DO YOU JUDGE QUALITY? THE GRADE IS YOUR GUIDE.

Poultry must be graded for sale in retail stores in most major cities in Canada as well as for inter-provincial and export trade. Imported dressed and eviscerated poultry must conform to Canada's grade standards although the word "Canada" does not appear in the grade mark. "Canada" health inspection stamp appears only on poultry that is slaughtered and eviscerated in federally inspected plants. Inspection is compulsory only when poultry moves inter-provincially or is imported or exported.

Since a great deal of poultry moves inter-provincially, the number of federally inspected plants is increasing and the bulk of poultry is inspected.

KNOW THE GRADES

Purple tag — indicates grade special. Finest quality produced. Birds in this category are near perfect specimens.

Red tag — Grade A. Most familiar grade to most consumers. Birds must be plump and well formed. Keel bone (breast bone) may be slightly crooked, there may be minor discolourations, a few pin feathers and short tears in skin. Most grade A birds, however, do not have these allowable small imperfections. There must also be showing of fat over breast and thighs.

Blue tag — Grade B. Must have good appearance though it is allowed a slightly crooked keel bone. Will probably not be as well fleshed as grade A, is allowed a few short skin tears, minor discolourations and pin feathers that don't seriously detract from the appearance.

Blue tag — Utility. Word is spelled out on tag. A bird in this category must grade at least a B quality but has one or more parts of the bird missing such as wing, drumstick, section of skin, etc. This can occur during processing.

Yellow tag — Grade C. Seldom seen on retail market — usually used for canning. Is fairly plump and may have large skin tears, pin feathers and prominent discolourations.

ESTIMATING QUANTITY TO BUY

The number of servings required can only be approximately suggested. What is normal serving for one appetite is only half enough for another. Suggestions in this booklet for amounts to purchase, therefore, should be used only as guide lines.

Chicken wings: Two to three servings per pound. Number of wings will vary according to size.

Breasts and legs (*thighs and drumsticks*): $\frac{1}{2}$ to $\frac{3}{4}$ pound depending upon how prepared and what else is served with them.

Small chickens: 3 to $3\frac{1}{2}$ lbs. usually halved for broiling or barbecuing. Two servings per bird.

Chickens: $3\frac{1}{2}$ to 4 lbs. quartered for broiling or barbecuing. Four servings per bird.

Whole chickens: 3 to 4 lbs. may be divided into wings, legs, thighs, breasts and backs providing 5 to 8 servings, per bird, depending upon size.

Roasting chickens: 4 lbs. and up — approximately 2 servings per pound depending upon what is served with them.

One serving per pound of chicken usually allows for leftovers to be served in casseroles, salads, etc.

WHAT DOES IT MEAN?

“Eviscerated”, “Oven Ready”, “Ready-to-Cook”, “Pre-dressed”, all these terms are synonymous. “Eviscerated” is the official term used by the Canada Department of Agriculture. The other terms have been adopted by chain stores, food writers and packing companies. They all refer to poultry which has been drawn and is ready for use with a minimum of preparation.

Ninety percent of poultry sold in Canada is eviscerated.

“Dressed poultry”, as defined in the Canada Department of Agriculture regulations, means poultry from which blood and feathers only have been removed. “Dressed poultry” is always undrawn though butchers may remove head, feet, and viscera as a service to customers at the time of sale.

HOW TO THAW

To ensure tender poultry be sure it is completely thawed before broiling, frying, baking, or roasting. Frozen poultry *may be* cooked as soon as thawed. However, tests have shown that thawed poultry *may be safely held* in the refrigerator for two days.

Thaw whole bird in unopened freezer bag at room temperature until pliable, remove from wrapper, wipe with clean damp cloth, take out giblets and neck, cover *loosely* with foil, plastic or waxed paper and refrigerate until completely thawed. Cook within two days. Or thaw in unopened freezer wrap in refrigerator. Allow approximately 1 hour per pound for whole birds and individual pieces at room temperature or 5 hours per pound in refrigerator.

Thawed frozen poultry, *once it has been cooked*, may be refrozen.

IS THAWING NECESSARY?

It is usually best to thaw chicken before roasting, broiling or frying although it may be cooked from frozen state, if cut up, when stewing or braising (cooking in moist heat). *Whole chicken may be cooked* from partially thawed state if giblets can be removed from body and neck cavities. Extend cooking time to allow for thawing which takes place.

Poultry needs complete thawing before roasting if it is to be stuffed or dressing tends to be soggy.

Unthawed frozen chicken will not hold a batter or coating when fried. As poultry thaws, steam forms between coating and chicken and it falls off.

HOW TO STORE CHICKEN

Fresh unfrozen chicken should be stored in the coldest spot in the refrigerator *after* removing it from store wrappings, rinsing, drying and rewrapping *loosely* in waxed paper, foil or plastic wrap. *Use within two to three days*.

Frozen chicken should be kept frozen until time to thaw it for cooking. It is preferable to thaw in the refrigerator. Once defrosted, *cook within 24 to 48 hours* if chicken can be refrigerated, otherwise cook at once.

Refreezing of thawed frozen chicken may be done once it has been cooked.

WHY ARE SOME POULTRY JOINTS RED WHEN POULTRY IS COOKED?

Red blood corpuscles are manufactured in the long bone marrow and as the joints are porous in young birds, ice crystals containing red corpuscles pierce the joints and cause discoloration. This is quite harmless.

WHY IS SOME POULTRY MEAT PINK EVEN THOUGH COOKED?

Even though thoroughly cooked meat of young poultry may sometimes show a pinkish tinge, this is apparently caused by cooking gases formed in any oven when food is baked.

These gases tend to penetrate the skin and fat of young poultry in a manner producing a condition similar to the pinkish tinge that is acquired when ham is smoked.

The pinkish colour is usually produced only with the young broiler chicken and turkey as their skin surface and fat layer may be thinner than on more mature birds.

TO ROAST CHICKEN

Place chicken on rack in shallow pan. Rub with fat or basting sauce if desired. Cover loosely with tent of foil or plastic roasting film. Remove foil during last 30 to 40 minutes of cooking to brown bird. Or use plastic film roasting bag. Set small rack inside bag, place bird on rack. Poke 3 or 4 small holes in top of bag to allow steam to escape and tie open end loosely enough that finger may be inserted in neck of bag. This also allows steam to escape. Set in pan and roast as directed in table.

ROASTING TIMES FOR VARIOUS CHICKENS

| Eviscerated Weight | Oven Temp. | Approx. Time Stuffed Birds |
|-----------------------|------------|-------------------------------|
| Up to 1 lb. | 350°F. | 60 min. per lb. |
| Up to 2½ lbs. | 350°F. | 35 min. per lb. |
| 1½ to 2½ lbs. | 325°F. | 1¼ to 2 hours* |
| 2½ to 3½ lbs. | 325°F. | 2 to 3 hours* |
| 3½ to 4¾ lbs. | 325°F. | 3 to 3½ hours* |
| 4¾ to 6 lbs. | 325°F. | 3½ to 4 hours* |

*Total cooking time. Allow 5 minutes *less* per pound if unstuffed.

WHEN IS CHICKEN COOKED?

To judge when poultry is done, when not using a meat thermometer, wiggle leg. It should move easily at hip joint. Or protect fingers with clean cloth and pinch drumstick and breast. The meat should feel soft.

As a final check, chicken will be fork tender and juice will show *no* pink tinge. However, avoid frequent “stabbing” with a fork during cooking — it causes loss of juice.

A meat thermometer is the most accurate way to judge when meat is cooked. It may be inserted through rib cage into the middle of the dressing, midway between shoulder and hip, in stuffed bird and should register 165°F. when meat is cooked. If roasting poultry unstuffed place thermometer in the middle of thickest muscle parallel to long bone on inside of thigh. Be sure it does not rest on bone. Temperature in this position will be 185° to 190°F. when meat is cooked.

PRUNE-ORANGE POULTRY STUFFING

| | |
|--|---|
| 12 to 18 prunes (soaked or cooked) pitted and quartered | 1 tablespoon butter or salad oil ¼ teaspoon salt |
| 4 cups fine dry bread crumbs | ⅓ cup orange juice (approx.) |
| ¼ cup sliced almonds | ¼ teaspoon crumbled rosemary |

Heat butter or oil in small pan. Add almonds (or other desired nuts) and salt. Brown lightly over moderate heat, stirring occasionally. Meanwhile make fine crumbs from very dry bread using a blender, or putting bread through fine blade of a meat grinder, or crushing to crumbs in a plastic bag with a rolling pin.

Place crumbs in a bowl, add prunes, nuts and fat from the pan. Gradually add orange juice, stirring and tossing mixture with a fork until lightly moistened but not soggy. Let stand for 5 minutes, toss with fork and add more juice if necessary. Yields enough to stuff 2 broiler-fryer chickens (2½ to 3 lbs. each) or one 5 lb. roasting chicken.

Bone cooked chicken while meat is still warm. When meat cools it becomes firm and adheres to the bones.

PLANNING FOR ONE OR TWO WITH CHICKEN

Many people living alone just won't take the trouble to prepare adequate meals for themselves. The effort required to cook meat and vegetables for one seems to be "just too much fuss". There is one way to overcome part of the difficulty; plan the cooking to cover menus for several days, then adequate meals for good health can be achieved. Simmer a chicken or chicken parts or use canned chicken or barbecued chicken available from most supermarkets and serve in the variety of ways suggested below at meals.

HOW TO USE A CHICKEN IN MENUS FOR ONE

Simmer a 2½ to 3 pound chicken (see page 10).

The First Night: Serve one drumstick and thigh with vegetables topped with tea biscuit and broth thickened to make gravy.

Potatoes, carrots and onions may be cooked in the broth with chicken, adding onion about 30 minutes before chicken is done, and 3 to 4 peeled potatoes and 2 carrots the last 20 minutes. If pressure cooking, allow usual time. Save two potatoes for next day.

To Store Cooked Simmered Chicken: Chill any unused broth and chicken by setting pan in cold water. When cool enough to handle, remove breast meat from bone in as large pieces as possible. Cut off remaining thigh and drumstick. Wrap white and dark meat separately in waxed paper, foil or plastic film and store in refrigerator.

Jellied Chicken: Remove rest of meat from carcass, neck and wings. Chop and add 1 cup chicken or combination of chicken, diced celery, cooked green peas, etc., to 1 cup of broth (or water plus 1 chicken bouillon cube) in which has been dissolved 2 teaspoons of unflavoured gelatine soaked in 2 tablespoons of cold water. Pour into mould and chill until set.

Chicken Breast may be served as cold cooked chicken from simmered or "barbecued" chicken: Slice breast and serve cold with potato salad made with potatoes cooked with chicken first day.

— OR —

Fried Chicken (with simmered leg): Dip in egg and bread crumbs or seasoned flour or milk and Crumb Mixture (see page 20) and shallow-fat-fry or bake until golden brown. Pan fry or cream sliced cooked potatoes. Serve with salad and rolls.

Marinated cooked chicken Leg and Thigh (from simmered or barbecued chicken) may be served broiled.

Marinate for an hour or longer in French or Italian dressing, dry or medium dry wine or barbecue sauce, then broil until crisp, brown and thoroughly heated, turning and basting once or twice.

Chicken Hash: Chop or grind chicken bits. Mix with onion, salt, pepper and poultry seasoning to taste and diced potato (raw or cooked). Add gravy or milk to moisten and cook until hash is browned on the bottom and potato is cooked. Serve on buttered toast and top with a poached egg.

QUICK CHICKEN POT PIE

(For One or Two)

1 cup coarse pieces cooked

OR 7 oz. can of chicken

1 (10-oz.) can condensed
mushroom soup

1 (15-oz.) can peas

½ cup milk

3 cooked potatoes

3 cooked onions

½ recipe baking powder
biscuit dough

Cook potatoes and onions in boiling salted water until tender and prepare biscuit

Continued next page

dough. Combine chicken, soup, drained peas and milk or vegetable cooking water and heat. Add potatoes and onions and pour mixture into casserole. Roll dough ½ inch thick, cut into small biscuits and arrange on top of chicken. Sprinkle with paprika and bake in very hot oven 425°F., 15 to 20 minutes or until biscuits are cooked. A pastry crust may be used in place of tea biscuits if preferred. Yields 2 to 3 servings. For 1 serving, divide recipe in half. Use left-over chicken in salad or sandwiches for lunch the following day.

QUICK À LA KING

Combine ½ to 1 cup chopped, cooked or canned chicken with 1 tablespoon chopped green pepper or pimiento, ½ cup cooked fresh, frozen or canned peas and ½ can cream of mushroom soup, slightly diluted. Heat thoroughly and serve on crisp, hot waffles, patty shells, tea biscuits or toast. Yields 1 to 2 servings.

CHICKEN DIVAN

(For One or More)

Place a layer of cooked broccoli, asparagus or cauliflower in individual baking dishes or a deep 6" pie plate. Cover with a layer of medium thick slices of cooked chicken and a rich cream or cheese sauce. Sprinkle with buttered crumbs and grated cheese and heat in moderate oven, 350°F., until bubbling hot and lightly browned.

REHEATED FROZEN COOKED CHICKEN

CAN HAVE THAT FRESHLY COOKED FLAVOUR

Remove frozen chunks or slices of chicken from freezer wrap. Place in shallow baking pan on a layer of fresh cabbage or lettuce leaves and cover *completely* with more fresh cabbage or lettuce leaves. Heat in moderate oven, 350°F., until thawed enough to separate pieces. Replace in pan, re-cover with cabbage or lettuce leaves adding additional ones if necessary to cover completely. Cover pan with lid or foil and continue heating to desired degree and serve like freshly cooked chicken with gravy, vegetables, etc., or as desired.

Unfrozen cooked chicken may also be reheated in this way.



CHICKEN LIVERS

Chicken Livers are economical, delicious, easy to prepare and quick cooking. They are rich in iron, other minerals and vitamins.

CRUMBED CHICKEN LIVERS

(Delicious and Inexpensive)

1 lb. chicken livers

1 recipe crumb mixture (page 20)

Wash livers, drain and cut off any white strings or fat with scissors. Dip livers in milk and soya sauce then roll in crumbs or shake in plastic bag to coat thoroughly. Place in single layer on waxed paper, as prepared, to dry. Thread on skewers or Kabob spears. Alternate if desired with squares of partially cooked side bacon and cherry tomatoes, etc., *OR* place in single layer in lightly greased shallow pan. Kabobs may be cooked on barbecue (at least 6 to 8 inches from heat) and turned several times to cook evenly on all sides. If baking Kabobs in oven, lay skewers across pan to catch drips. Bake Kabobs or liver in baking dish at 400°F. 15 to 20 minutes or until liver is greyish looking to centre and cuts easily with fork. Yields 3 to 4 servings. Nice with tossed salad, cream style corn and mashed potatoes.

Commercial crumbing mixtures may be used if desired.

BROILED CHICKEN LIVER KABOBS

Remove white membrane with pointed scissors, rinse and pat dry with clean paper towel. Marinate livers for 30 minutes or longer in basting sauce (see pages 12, 13) or mixture of 1 part oil to 2 parts soya sauce and a dash of garlic powder.

Thread livers alternately on skewers with pieces of green pepper, firm tomato wedges or cherry tomatoes, onions and cubes of pineapple.

Broil on rack in pan in oven or on barbecue grill. Turn Kabobs frequently, brushing with sauce or marinade. They are cooked when liver cuts easily and shows no pink tinge, about 5 to 8 minutes.



RECIPES QUICK AND EASY

EASY CHICKEN BAKE

Use shallow greased casserole or pan. Season required number of chicken parts with a dash of ginger, garlic powder and drizzle of soya sauce. Turn pieces to coat evenly.

Bake at once or marinate in covered pan in refrigerator for 30 minutes or longer. Bake, covered, for 45 minutes at 350°F. Turn skin side up, baste with pan drippings or more soya sauce and continue baking, uncovered, 15 minutes or until browned, crisp and tender.

VARIATIONS: Omit ginger, garlic powder and soya sauce and instead:

1. Use dry red wine and chili powder;
2. Rub chicken pieces thoroughly with grated lemon rind, salt, rosemary, thyme and dash of garlic powder;
3. Sprinkle with dehydrated onion soup as it comes from the package, add no liquid;
4. Sprinkle with dry seasoning mix as recommended for hamburger, goulash, chili con carne, etc.;
5. Use red or white wine and commercial herb seasoning mix;
6. Use condensed cream soup and seasoned salt and pepper;
7. Use commercial sauce mixes, i.e., Stroganoff, spaghetti, etc.;
8. Use liquid salad dressings, i.e., French, Italian, etc.

Use new seasonings sparingly until you learn if the family likes them. Once you have tried experimenting, you will find you can serve "Easy Chicken Bake" frequently, inexpensively, but never monotonously.

RAISIN CHICKEN CUTLETS

- | | |
|--------------------------------------|------------------------------------|
| 3 large boned chicken breasts | seasoned salt |
| OR 6 halves OR boned thighs | pepper |
| 2 tablespoons butter | juice of 1 lemon |
| 2 teaspoons oil | ½ cup dry to medium dry white wine |
| 2 tablespoons light seedless raisins | |

Remove skin from boned breasts or thighs (see page 7). Place between sheets of plastic film. Pound to even thickness with meat mallet or heavy saucer.

Sprinkle with seasoned salt, pepper and lemon juice (add finely grated rind if desired). Melt butter and oil in frying pan. Sauté chicken slowly in covered pan 10 minutes turning once to brown evenly. Add wine, cover and cook until tender about 5 to 10 minutes depending on size. Add raisins, heat thoroughly and serve. Add more wine with raisins if pan is too dry. Yields 6 servings. Nice with green vegetables, sweet potatoes, crisp salad.

CRUMB COATING MIXTURE

(For oven frying, sautéing, baking)

- | | |
|--|--------------------------|
| 2 cups sifted fine dry bread crumbs | dash of pepper |
| 2 tablespoons salad oil | 1/4 teaspoon salt |
| 1/4 teaspoon <i>EACH</i> garlic powder, thyme, turmeric, rosemary* | 1 to 2 teaspoons paprika |

Blend ingredients thoroughly. Use at once or store in closed container in refrigerator. Add few drops soya sauce and mix thoroughly just before using crumbs. This aids browning. Crumbs should not be moist.

**Alternate seasoning:*

1. Omit salt and use 1/2 to 1 teaspoon seasoned salt.
2. Omit salt and use garlic powder, celery salt, tarragon, thyme and/or rosemary.

HERB BAKED CHICKEN BREASTS

(subtly flavoured)

- | | |
|---------------------------------|---------------------------|
| 6 medium to large half breasts* | 1/2 teaspoon soya sauce |
| 2 tablespoons soft butter | 1/4 teaspoon salt |
| 1/4 teaspoon rosemary | 1 can (19-oz.) lima beans |
| 1/4 teaspoon tarragon or thyme | drained |

paprika

Cream the soft (not melted) butter, rosemary, tarragon, soya sauce and salt together. Rinse chicken and pat dry. Loosen skin to form a pocket. Spread a teaspoon of butter mixture evenly on meat beneath skin and on exposed parts.

Place chicken skin up in shallow baking pan. Sprinkle with paprika and bake, covered, 40 minutes in moderately hot oven, 375°F. Remove cover, baste chicken and continue baking, uncovered, 10 minutes. Remove from oven, arrange drained lima beans between and around pieces of chicken. Baste chicken and beans with pan drippings or drizzle with additional melted butter. Continue baking 15 minutes or until chicken is tender and browned and beans are hot. Baste once or twice if necessary.

Serve with vegetable and/or salad.

*If using chicken thighs and drumsticks, loosen skin on drumsticks and slip back as if peeling off a glove. Cover meat with herbed butter and pull skin back in place. Loosen thigh skin in the same manner as skin on breast.



When cooking onions before adding them to chicken dressing or other chicken dishes, never let them brown or scorch. Onions cooked slowly in a little hot fat until limp or transparent add a much better flavour.

ENTERTAINING IDEAS

LIVER PÂTE

1 lb. chicken livers
butter

cream or mayonnaise
salt and pepper to taste

garlic powder

Melt 2 tablespoons of butter in heavy frying pan. Cut white membranes from livers with pointed scissors. Rinse and pat dry with clean paper towel. Sprinkle with garlic powder.

Slowly cook livers in melted butter until fork tender and no longer pink when cut. Add additional butter during cooking if required.

Press through medium sieve, grind with fine blade of food chopper or whizz at top speed in blender. Mix with enough cream or mayonnaise to make a nice spreading consistency. Season to taste, add a tablespoon of butter, melted, and more garlic powder if desired. Place in 2-cup mould or bowl, cover and chill.

Serve with crackers or toast fingers unmoulded or in bowl; or spread on fancy crackers and garnish with bits of pimiento, slices of cherry tomato and/or parsley.

CHICKEN TID BITS

(To accompany cold beverage, salad or soup)

1 cup sifted pastry flour
1½ teaspoons baking powder
1 teaspoon onion salt
½ to ¾ teaspoon curry powder
pinch *EACH* of crumbled
orégano and rosemary
¼ cup butter

½ cup milk
⅔ cup ground or finely minced
cooked chicken
1 cup shredded cheddar cheese
2 tablespoons chopped stuffed
olives *OR* 1 tablespoon finely
chopped green pepper

Combine and sift flour, baking powder, onion salt, curry powder, orégano and rosemary. Cut in butter, using two knives or pastry blender, until mixture is size of small peas. Add milk all at once and stir just until dry ingredients are all moistened. Add chicken, cheese and olives. Combine and drop by spoonfuls onto lightly greased cookie sheet. Bake in a very hot oven, 450°F., for 12 to 15 minutes until golden brown. Serve warm with or without butter. Yields about 3 dozen small biscuits.

"DIPS DIPS HOORAY"

Cooked chicken makes flavourful dips, particularly if a blender is available. It is possible to grind or mince poultry meat finely and make the following dips but a blender makes shorter work of it.

Try scraps, bits and pieces of cooked chicken chopped or whizzed up in the blender, to dipping or spreading consistency, with one or more of the following combinations:

- > mayonnaise and peanut butter;
- > mayonnaise, celery, onion juice;
- > commercial sour cream, mayonnaise and carrot;
- > mayonnaise, toasted blanched almonds or peanuts;
- > mayonnaise, sour cream, a little pineapple juice and drained pineapple;
- > sour cream and mango chutney;
- > chili sauce and horseradish.

Add flavouring ingredients, a little at a time until suited to taste and of "dippable" consistency. Serve with chips, crackers, toast fingers, etc.

CHICKEN BARBECUING

POINTERS FOR NOVICES

FIRE—Light fire well in advance or use P.P.I. Quick Starter (bottom of page). Cooking should be done over bed of hot coals. Flames burn food before it is cooked.

GRILL—Grease grill before using to help keep food from sticking. Halves, quarters or chicken pieces may be cooked on the grill. Marinate for 30 minutes or longer if desired or simply brush with melted butter, oil or one of basting sauces (see pages 12, 13).

Have grill 6 to 8" above heat. Chicken should cook slowly. If fire is too hot, the outside of chicken burns before meat is thoroughly cooked. To moderate fire, sprinkle lightly with water. A clothes sprinkler or toy water pistol may be used for spraying water.

Brush chicken with marinade or basting sauce and turn frequently to ensure even cooking. Use tongs rather than fork for turning to prevent loss of juice due to punctured skin. Allow 50 to 90 minutes cooking time depending upon size of chicken pieces.

ROTISSERIE — Revolving spits are excellent for cooking chicken. Fire for the rotisserie should be built toward back of grill pan. Make a long narrow drip pan of a double thickness of aluminum foil and place in front of fire on grill pan to catch drippings to avoid a flare-up.

COOKING WHOLE CHICKEN ON ROTISSERIE — Truss by tying legs to tail. Skewer neck skin to back and bend wing tips over it or fold flat against side. Anchor wings in place with cord or picture wire tied around bird. Place birds on spit so they are evenly balanced when revolving. Anchor with "holding prongs" placed securely in chicken at right angles to each other at either end. Screw securely on spit to prevent slipping. Tighten with a pair of pliers.

Brush birds with melted butter, French or Italian liquid dressing or desired basting sauce (see pages 12, 13). Set spit in place on rotisserie.

It takes approximately as long to cook a whole bird on a spit as it does to roast it unstuffed in the oven. (For timetable, see page 16). For additional flavour, chicken may be marinated 30 minutes or longer in the refrigerator before cooking. Liquid salad dressings, barbecue sauces containing only a small amount of sugar or one of basting sauces on page may be used as marinade.

QUANTITY OF SAUCE REQUIRED FOR BARBECUING

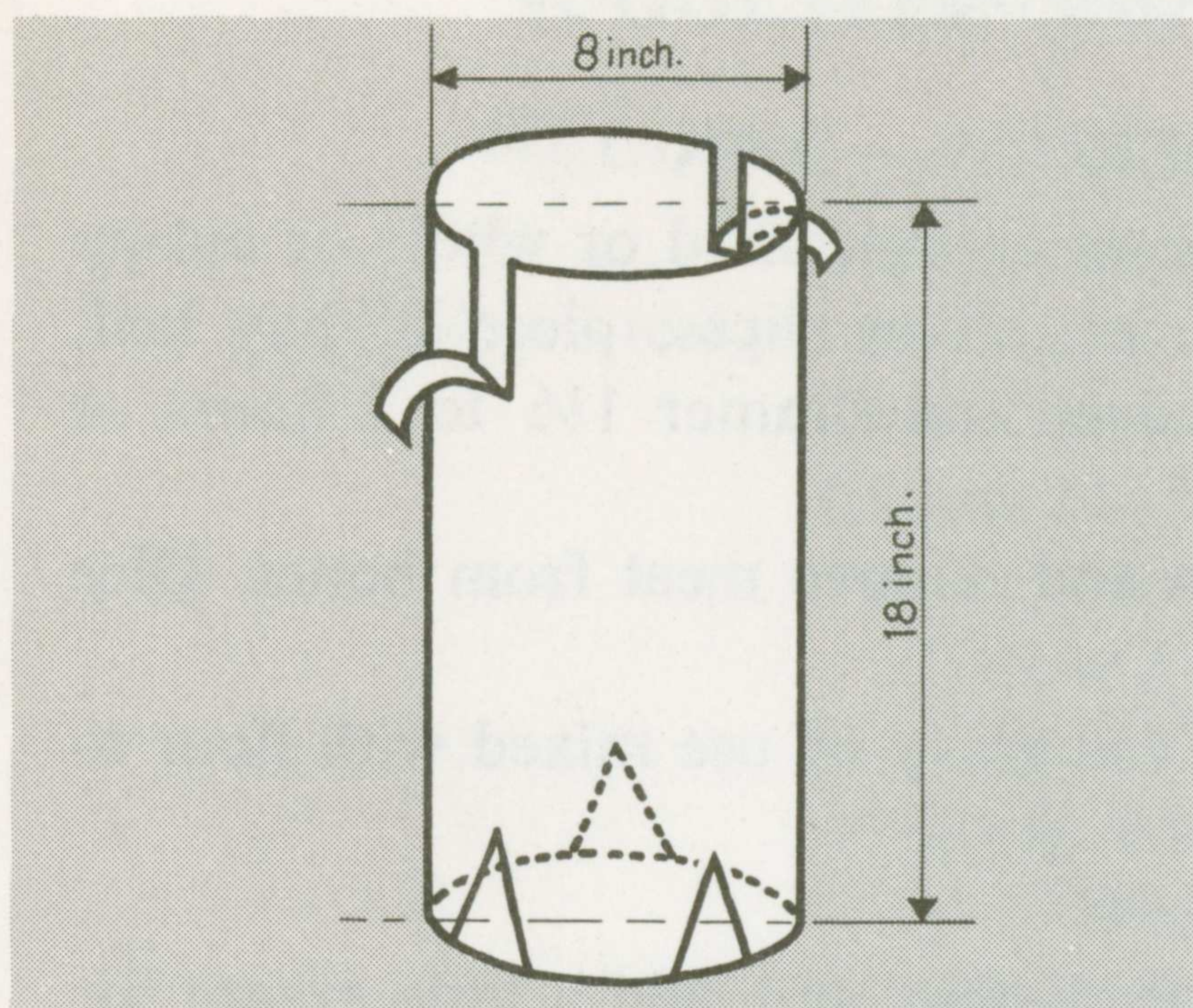
| | 10 Chicken Halves | 100 Chicken Halves |
|---------|-------------------|--------------------|
| Butter | ½ pound | 4 pounds |
| Vinegar | 2 cups | 16 cups |
| Salt | ¾ oz.* | ½ pound |
| Water | 2 cups | 8 cups |

*Approximately 1 tablespoon.

PPI'S BARBECUE "QUICK STARTER"

Use an 18-inch length of 6 or 8-inch stove pipe (an inexpensive purchase). Cut 3 to 4 triangles, about 1½ inches across the base and 2 inches from base to peak, around one edge of pipe. These equidistant triangles will form "draft openings" on the bottom of the pipe when it is placed upright on barbecue grill pan. Cut two slits about ½ to ¾ of an inch apart on opposite sides of the top of the pipe. When bent out these form "ears" to which clip clothes pins may be fastened to form lifting handles. To light fire,

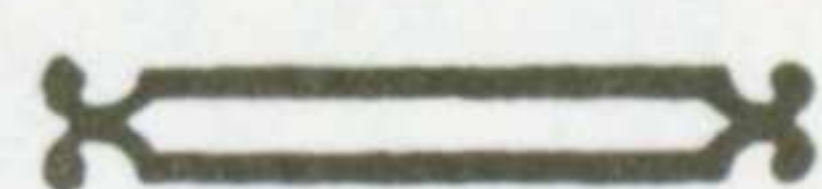
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loosely crumple one double sheet of newspaper and stuff into pipe. Remove wire grill and place pipe directly on barbecue pan. Pour 6 to 8 inches of briquettes or stick charcoal into pipe, use more for large fire. Light paper through "draft openings". It will take about 10 to 12 minutes for the top pieces of fuel to show grey ash in the small fire and 20 to 25 minutes for the larger one. When top coals show ash, carefully lift pipe, shaking coals evenly over pan, rake into single layer for grilling — coals may be banked slightly at back for

rotisserie cooking. Replace wire grill or put rotary spit in position and continue with barbecuing as usual. Many a main course normally baked can be successfully cooked in individual foil packages on the outdoor grill or campfire.

Should chicken be marinated ahead of time? It is purely a matter of personal choice. If marinated for an hour or longer in a basic barbecue sauce such as oil and lemon juice or vinegar, or wine and seasonings, drain well before putting on grill. Brush with melted butter or basic sauce frequently during cooking. Omit sauces with sugar or tomato until last 20 minutes as these cause scorching if used too early in the cooking.



CHICKEN-ON-THE-GRILL

3 lbs. cut-up chicken *OR*
 3½ lbs. whole chicken cut up
 ½ cup soya sauce
 ⅓ cup white table wine
OR apple juice
 1 teaspoon poultry seasoning

1 teaspoon pepper
 flour
 paprika
 ¼ cup salad oil
 6 to 12 small boiled onions
 ½ cup boiling water

Rinse chicken pieces and dry. Place pieces skin down in single layer in shallow pan. Mix soya sauce, wine, poultry seasoning, pepper and ginger. Pour evenly over chicken. Cover and refrigerate 30 minutes or longer, turning pieces once or twice. Drain chicken thoroughly (saving marinade) coat on all sides with flour and dust liberally with paprika. Heat oil in frying pan and brown chicken slowly on all sides. Drain and arrange with onions in individual servings on large squares of heavy aluminum foil. Mix water with reserved marinade and add 2 to 3 tablespoonfuls to each package. Close foil with "drugstore folds" to make leakproof closures. Cook on outdoor grill 40 to 50 minutes or until tender. Open foil for last 10 minutes. If crisp skin is desired, remove chicken from foil and place over direct heat turning and basting for last 5 or 10 minutes.

Nice served with grill-baked potatoes, salad and hot rolls. If desired, chicken may be browned ahead of time, cooled, packaged and refrigerated ready for the grill. Allow extra cooking time for chicken to warm up.

This recipe may be baked, substituting a casserole for foil. Bake at 350°F. 50 to 60 minutes or until tender.

CHICKEN STOCK OR SOUP

SOUP OR STOCK

Cover chicken necks, any chicken bones, skin, heart and gizzard or whole or cut-up chicken with cold water. Add a few celery leaves, onion slices, piece of bay leaf, carrot, salt and pepper. Bring to a boil, skim, cover and simmer 1½ to 2 hours or until meat is tender.

Cool quickly by setting pan in cold water. Strain and remove meat from bones. Dice meat, return to stock and refrigerate.

When ready to use skim fat off surface and save for gravy or use mixed with flour to thicken soup and add flavour.

For Clear soup: Bring stock to boil, thicken if desired and add a little cream for extra richness. Or add some finely chopped raw vegetables (carrot, turnip, celery, etc.), noodles or rice and cook until added ingredients are tender. Adjust seasonings to taste and serve hot.

Allow approximately ¾ to 1 cup of soup per serving depending upon type and whether an appetizer or main-course.

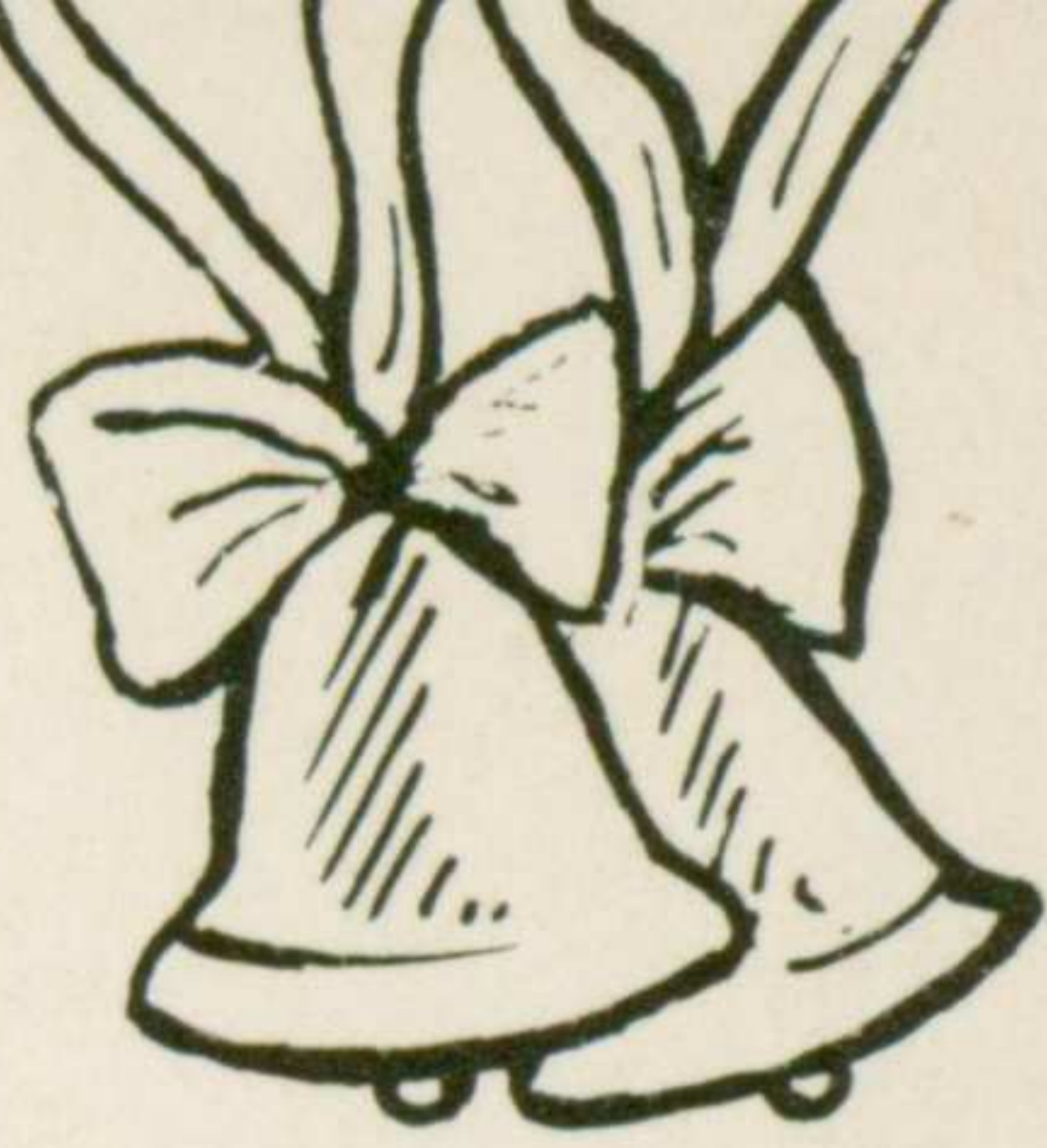
For cream soup: Make a thin to medium white sauce using ⅔ chicken stock to ⅓ milk. Add small cubes of cooked chicken, season to taste with salt, pepper and any desired herbs, spices etc. such as savoury, curry powder or chopped chives.

To clarify stock: (For use as jellied consommé or jellied chicken) add 1 slightly beaten egg white and clean egg shell, slightly crushed, to each quart of stock, bring to a boil, stirring constantly, and boil gently for 10 minutes. Strain through double thickness of cheesecloth or very fine sieve.

If concentrated enough stock will jell when cold. If not concentrated add 1 tablespoon unflavoured gelatine for each 2 cups stock to be jellied.



Chicken bouillon cubes dissolved according to package directions may be used in place of broth called for in a recipe.



SUGGESTED MENUS FOR RECEPTIONS

WEDDING — GRADUATION — PRESENTATION

Assorted Small Sandwiches

(Allow 3 to 4 per serving) (equals 2 to 3 slices of bread made up)

Olives, Gherkins, Carrot Curls, etc.

(Allow 2 to 3 pieces per serving)

Small Cakes

(Allow 2 to 3 per serving)

Tea, Coffee, Punch

(approx. 6 to 8 oz. per person)

Wedding Cake

(8 to 10 servings per lb.)

Nuts and mints



WEDDING BREAKFAST or SUPPER

Chicken Patties

(Allow $\frac{1}{2}$ to $\frac{3}{4}$ cup of filling depending on size of patties)

Crisp Potato Chips

(Allow 1 oz. per serving)

Small Jellied Salad

(perfection, fruit or tomato aspic on lettuce
garnish with olives, gherkins and/or radish roses)

OR

Jellied Chicken Mould or Chicken Salad

(Allow $\frac{1}{2}$ to $\frac{2}{3}$ cup per serving)

Finger Rolls or Small Hot Tea Biscuits

(Allow $1\frac{1}{2}$ to 2 per serving)

Crisp Potato Chips

Cranberry Jelly Mould

Relishes

Small Cakes

Fancy Ice Cream

Mints and nuts

(Moulded shapes or combination of flavours)

Tea and Coffee

Wedding Cake

Punch or Champagne

For additional recipes and/or visual aids — write:

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